**Fruits**

With calorie and macro information.

| **Fruit** | **Measurement** | **Weight(g)** | **Calories** | **Carbs** | **Fat** | **Protein** |
| --- | --- | --- | --- | --- | --- | --- |
| Apple | 1 medium | 182 | 95 | 25 | 0.3 | 0.5 |
| Apricot | 1 apricot | 35 | 17 | 3.9 | 0.1 | 0.5 |
| Avocado | 1 avocado | 201 | 322 | 17 | 29 | 4 |
| Banana | 1 medium | 118 | 105 | 27 | 0.4 | 1.3 |
| Blackberries | 1 cup | 144 | 62 | 14 | 0.7 | 2 |
| Blueberries | 1 cup | 148 | 85 | 21 | 0.5 | 1.1 |
| Cantaloupe | 1 melon | 552 | 186 | 45 | 1 | 4.6 |
| Cherries | 1 cup | 155 | 77 | 19 | 0.5 | 1.6 |
| Fresh Cranberries | 1 cup | 100 | 46 | 12.2 | 0.1 | 0.4 |
| Dates | 1 date | 24 | 66 | 18 | 0 | 0.4 |
| Grapefruit | 1/2 fruit | 123 | 52 | 13 | 0.2 | 0.9 |
| Grapes | 1 cup | 92 | 62 | 16 | 0.3 | 0.6 |
| Honeydew | 1 cup | 170 | 61 | 15 | 0.2 | 0.9 |
| Kiwi | 1 fruit | 69 | 42 | 10 | 0.4 | 0.8 |
| Lemon | 1 fruit | 58 | 17 | 5 | 0.2 | 0.6 |
| Lime | 1 fruit | 67 | 20 | 7 | 0.1 | 0.5 |
| Mandarin oranges | 1 fruit | 75 | 40 | 10 | 0.2 | 0.6 |
| Mango | 1 fruit | 336 | 201 | 50 | 1.3 | 2.8 |
| Nectarine | 1 fruit | 142 | 63 | 15 | 0.5 | 1.5 |
| Peaches | 1 fruit | 96 | 45 | 11 | 0.1 | 0.9 |
| Oranges | 1 fruit | 150 | 59 | 14 | 0.4 | 1.4 |
| Pear | 1 fruit | 178 | 102 | 27 | 0.2 | 0.6 |
| Pineapple | 1 cup | 165 | 82 | 22 | 0.2 | 0.9 |
| Plums | 1 fruit | 66 | 30 | 7.5 | 0.2 | 0.5 |
| Pomegranate | 1/2 cup seeds | 87 | 72 | 16 | 1 | 1.5 |
| Raspberries | 1 cup | 123 | 65 | 15 | 0.8 | 1.5 |
| Strawberries | 1 cup | 152 | 49 | 12 | 0.5 | 1 |
| Watermelon | 1 cup | 152 | 46 | 11 | 0.2 | 0.9 |