

Glucose and Fructose in Various Fruits*

Fruit	Glucose	Fructose
Apple	2.3	7.6
Apricot	1.6	0.7
Banana	4.22	2.7
Blackberries	3.1	4.1
Blueberries	3.5	3.6
Cantaloupe	1.2	1.8
Grapefruit	1.3	1.2
Grapes (American)	6.6	6.9
Grapes (European)	6.5	7.6
Kiwi (no skin)	5.0	4.4
Mango	0.7	2.9
Nectarine	1.2	1.1
Orange	2.2	2.5
Papaya	1.4	2.7
Peach	1.1	1.3
Pear	1.9	6.4
Pineapple	2.9	2.1
Plum	2.7	1.8
Raspberries	3.5	3.2
Strawberries	2.2	2.5
Watermelon	1.6	3.3

*Glucose and fructose values per 100 grams (roughly 4 ounces) of fruit.