

INHEALTH NATUROPATHY

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How Sugary is your Favourite Fruit?

If you're eating a lot of fruit you may be eating more sugar than you thought in the form of fructose (fruit sugar). The values below are for one piece of fruit, unless specified, and the figures in brackets show the equivalent amount of sugar.

- Apricot 0.45 g fructose (pinch of sugar)
- Clementine 0.4g (pinch)
- Plum 1.6g (large pinch)
- Fresh fig 2g (½ tsp)
- Eight cherries 2.4g (½ tsp)
- 1 slice honeydew melon 3g (over ½ tsp)
- Kiwi fruit 3g (over ½ tsp)
- Orange 3.6 g (over ½ tsp)
- Five strawberries 4t (1 tsp)
- Glass of orange juice 5g (1 tsp)
- Banana 5.5g (1 tsp)
- Small mango 6g (1 tsp)
- Grapefruit 7g (1 ½ tsp)
- Granny smith apple 8g (1 ½ tsp)
- Handful dried apple 8g (1 ½ tsp)
- Handful raisins 8.7g (nearly 2 tsp)
- Golden delicious apple 11g (2 tsp)
- Pear 11g (2 tsp)
- Large bunch (500 gr) grapes 39g (nearly 8 tsp)

Source: Daily Mail article 9 March 2010