



WELL-BEING

a tribe planted with purpose

Fruits	Serving Size	Total Carbs (grams)	Fiber (grams)	Net Carbs (grams)	Protein (grams)	Fat (grams)
Apple	1 small (fresh, unpeeled)	21	4	17	Trace	Trace
Banana	1 small (fresh, 7" long)	27	3	24	1	Trace
Blueberries	1 cup (fresh)	22	4	18	1	Trace
Cantaloupe	1 cup (fresh, cubed)	13	1	12	1	Trace
Cherries	20 (fresh, sweet)	26	4	21	Trace	Trace
Grapefruit*	1 half (fresh, 4" diameter)	10	1	9	Trace	Trace
Grapes	1 cup (fresh, medium size)	27	1	26	1	Trace
Honeydew	1 cup (fresh, cubed)	16	1	15	Trace	Trace
Lemon	1 (fresh, 2 1/4 " diameter)	12	5	7	1	Trace
Lime	1 (fresh, 2 " diameter)	7	2	5	Trace	Trace
Mango	1 cup (fresh, peeled, sliced)	28	3	25	Trace	Trace
Orange	1 (fresh, large, 3" diameter)	22	4	18	2	Trace
Papaya	1 cup (fresh, peeled, cubed)	30	6	24	2	Trace
Peach	1 (fresh, medium, 2 2/3" diameter)	14	2	12	1	Trace
Pear	1 (fresh, medium)	28	6	22	Trace	Trace
Pineapple	1 cup (fresh, chunks)	22	2	20	Trace	Trace
Raspberries	1 cup (fresh)	15	8	7	2	Trace
Strawberries	1 cup (sliced)	13	3	10	1	Trace
Tangerine	1 (fresh, medium, 2 1/2" diameter)	12	2	10	Trace	Trace
Watermelon	1 cup (fresh, diced)	12	Trace	12	Trace	Trace

*Grapefruit interferes with certain medications. Check medication bottles to see if grapefruit is allowed.