

High-fructose fruits to avoid/limit*	Fructose (g)
2 medjool dates	15
1.5-oz. box of raisins	13
1 medium pear	11
1 medium apple	10
1 medium mango	8
3 dried figs	6
1 cup diced watermelon	5
1 banana	5
Misc. melons / 3 oz.	4
10 grapes	4
cherries/pineapple/papaya / 3 oz.	4
1 nectarine/apricot/plum	4
1 kiwi/guava	4
large blueberries/strawberries / 3 oz.	3
1 orange/grapefruit	3
lemons/limes/tomatoes	<3