

# Sugar Content of Fruits

(grams of sugar per 100 grams of fruit)

Fresh Fruit	Glucose	Fructose	Sucrose	Total Sugars
<b>Core Fruits</b>				
Apples	2.3	7.6	3.3	13.3
Pears	1.9	6.4	1.8	10.5
<b>Pit Fruits</b>				
Apricots	1.6	0.7	5.2	9.3
Cherries, Sweet	8.1	6.2	0.2	14.6
Cherries, Sour	4.2	3.3	0.5	8.1
Mango	0.7	2.9	9.9	14.8
Nectarines	1.2	0	6.2	8.5
Peach	1.2	1.3	5.6	8.4
Plum	2.7	1.8	3.0	7.5
<b>Citrus Fruits</b>				
Grapefruit	1.3	1.2	3.4	6.2
Oranges	2.2	2.5	4.2	9.2
Lemon	1.0	0.8	0.6	2.5
Limes	0.2	0.2	0	0.4
<b>Berries</b>				
Blackberries	3.1	4.1	0.4	8.1
Blueberries	3.5	3.6	0.2	7.3
Grapes	6.5	7.6	0.2	18.1
Raspberries	3.5	3.2	2.8	9.5
Strawberries	2.2	2.5	1.0	5.8
<b>Melons</b>				
Cantaloupe	1.2	1.8	5.4	8.7
Watermelon	1.6	3.3	3.6	9.0
<b>Tropical Fruits</b>				
Avocado	0.5	0.2	0.1	0.9
Banana	4.2	2.7	6.5	15.6
Figs	3.7	2.8	0.4	6.9
Guava	1.2	1.9	1.0	6.0
Guava, Strawberry	1.2	1.9	1.0	6.0
Jackfruit	1.4	1.4	5.4	8.4
Kiwi	5.0	4.3	1.1	10.5
Pineapple	2.9	2.1	3.1	11.9
Pomegranate	5.0	4.7	0.4	10.1

Compiled from the Nutritionist V Database