


**Vanderbilt University Medical Center**  
**DIABETES NUTRITION CLINIC**

**CARBOHYDRATE LIST FOR FRUITS**

1 serving or exchange = 12 to 18 grams

<b>FOOD</b>	<b>SERVING SIZE</b>	<b>CARB GRAMS</b>	<b>Fiber Grams</b>	<b>GRAMS PER IF WEIGHED</b>
Apple	2 ¾" diameter or 5 ozs	21	4	4 grams per oz
Apricot	3 medium	12	3	
Avocado	½ medium	6	5	
Banana	9" long	27	3	
Blackberries, fresh	½ cup	10	4	
Blueberries, fresh	½ cup	10	4	
Cantaloupe	1 cup, pieces	13	1	
Cherries, sweet	10 cherries	12	2	
Cranberries, raw	1 cup	12	4	
Dates	10 dates	61	6	
Figs	1 medium	9	2	
Grapefruit	½ medium or 4 ozs	10	1	2 grams per oz
Grapes	10 grapes	10	1	
Honeydew, 7"	2" slice	12	1	
Kiwifruit	1 medium or 3 ozs	11	3	4 grams per oz
Lemon	2 1/8" diameter	12	2	
Lime	2" diameter	12	2	
Nectarine	2 ½" diameter	16	2	
Orange	3" diameter	16	3	
Papaya	1 medium	30	6	
Peach	1 medium	10	2	3 grams per oz
Pear	1 medium	25	4	4 grams per oz
Pineapple	1 cup	19	2	
Plum	1 medium	7	1	3 grams per oz
Prune, dried	5 prunes	26	4	
Raspberries	1 cup	14	8	
Strawberries	1 cup	11	3	
Tangerine	1 medium	9	2	3 grams per oz
Watermelon	1 cup	11	1	