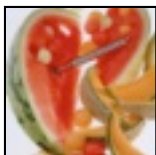


The 25 Lowest-Carb Fruits

It's not always easy to compare apples to oranges when it comes to carbs. Fruits and vegetables come in all shapes and sizes, and while it might seem like one is a lower-carb choice than another, it may just seem that way because of size and weight differences. We leveled the playing field for you here, so you can compare apples to apples ... so to speak!

Note: To help you visualize a rough idea of what amounts to a 50 gram portion, here are some examples: 10 grapes, 1/3 of a medium sized peach, 1/2 cup chopped celery, or 2 extra long spears of asparagus.



#1 is **WATERMELON!**

It contains 4g of carbs in a 50-gram portion. One-half cup of diced watermelon contains 5.5g of carbs.



#2 is **STRAWBERRIES!**

They contain 4g of carbs in a 50-gram portion. One-half cup of sliced strawberries contains 6.5g of carbs.



#3 is **CANTALOUPE!**

It contains 4g of carbs in a 50-gram portion. One-half cup of diced cantaloupe contains 6.5g of carbs.



#4 is **AVOCADO!**

It contains 4g of carbs in a 50-gram portion. One-half cup of avocado contains 6.5g of carbs.



#5 is **HONEYDEW MELON!**

It contains 5g of carbs in a 50-gram portion. One-half cup of diced honeydew melon contains 8g of carbs.



#6 is **PEACHES!**

They contain 5g of carbs in a 50-gram portion. One medium peach contains 14.5g of carbs.



#7 is **BLACKBERRIES!**

They contain 5g of carbs in a 50-gram portion. One-half cup of blackberries contains 7g of carbs.



#8 is **GRAPEFRUIT!**

It contains 5g of carbs in a 50-gram portion. One-half medium grapefruit contains 10.5g of carbs.



#9 is **ORANGES!**

They contain 5g of carbs in a 50-gram portion. One medium orange contains 15.5g of carbs.



#10 is **PAPAYA!**

It contains 5g of carbs in a 50-gram portion. One medium papaya contains 30g of carbs.



#11 is **NECTARINES!**

They contain 6g of carbs in a 50-gram portion. One medium nectarine contains 15g of carbs.



#12 is **CLEMENTINES!**

They contain 6g of carbs in a 50-gram portion. One medium clementine contains 9g of carbs.



#13 is **PLUMS!**

They contain 6g of carbs in a 50-gram portion. One medium plum contains 7.5g of carbs.



#14 is **RASPBERRIES!**

They contain 6g of carbs in a 50-gram portion. One-half cup of raspberries contains 7.5g of carbs.



#15 is **PINEAPPLE!**

It contains 6g of carbs in a 50-gram portion. One-half cup of pineapple chunks contains 11g of carbs.



#16 is **BLUEBERRIES!**

They contain 7g of carbs in a 50-gram portion. One-half cup of blueberries contains 11g of carbs.



#17 is **APPLES!**

They contain 7g of carbs in a 50-gram portion. One medium apple with skin contains 25g of carbs.



#18 is **PEAR!**

It contains 7g of carbs in a 50-gram portion. One medium pear contains 27.5g of carbs.



#19 is **KIWI FRUIT!**

It contains 8g of carbs in a 50-gram portion. One medium kiwi without skin contains 11g of carbs.



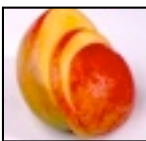
#20 is **TANGERINE!**

It contains 8g of carbs in a 50-gram portion. One medium tangerine contains 12g of carbs.



#21 is **CHERRIES!**

They contain 8g of carbs in a 50-gram portion. One-half cup of cherries contains 11g of carbs.



#22 is **MANGO!**

It contains 8g of carbs in a 50-gram portion. One-half cup sliced mango contains 14g of carbs.



#23 is **PERSIMMON!**

It contains 9g of carbs in a 50-gram portion. One medium persimmon contains 8.5g of carbs.



#24 is **BANANA!**

It contains 12g of carbs in a 50-gram portion. One medium banana contains 27g of carbs.



#25 is **GRAPES!**

They contain 13g of carbs in a 50-gram portion. One-half cup of grapes contains 14g of carbs.

And there you have it! For more information on eating healthy with diabetes, visit www.dlife.com/food!