Lowest Carb Containing Fruits

When it comes to comparing which fruit has fewer carbohydrates it's not necessarily an easy process since fruits come in all sizes and shapes & serving size is important. For example: a 50-gram portion is either 10 grapes, 1/3 of a medium sized peach, or 35 blueberries.

Low carbohydrate fruits:

1. Casaba melon
    - 3.5g of carbs in a 50-gram portion
    - One-half cup of cubed casaba melon contains 5.5g of carbs
2. Watermelon
    - 4g of carbs in a 50-gram portion
    - One-half cup of diced watermelon contains 5.5g of carbs
3. Strawberries
    - 4g of carbs in a 50-gram portion
    - One-half cup of sliced strawberries contains 6.5g of carbs
4. Cantaloupe
    - 4g of carbs in a 50-gram portion
    - One-half cup of diced cantaloupe contains 6.5g of carbs
5. Blackberries
    - 5g of carbs in a 50-gram portion
    - One-half cup of blackberries contains 7g of carbs
6. Honeydew melon
    - 5g of carbs in a 50-gram portion
    - One-half cup of diced honeydew melon contains 8g of carbs
7. Grapefruit
    - 5g of carbs in a 50-gram portion
    - One-half medium grapefruit contains 10.5g of carbs
8. Oranges
    - 5g of carbs in a 50-gram portion
    - One medium orange contains 15.5g of carbs
9. Peaches
    - 5g of carbs in a 50-gram portion
    - One medium peach contains 14.5g of carbs
10. Papaya
    - 5g of carbs in a 50-gram portion
    - One medium papaya contains 30g of carbs
11. Cranberries
    - 6g of carbs in a 50-gram portion
    - One-half cup of cranberries contains 6.5g of carbs
12. Plums
    - 6g of carbs in a 50-gram portion
    - One medium plum contains 7.5g of carbs
13. Raspberries
    - 6g of carbs in a 50-gram portion
    - One-half cup of raspberries contains 7.5g of carbs
14. Clementine
    - 6g of carbs in a 50-gram portion
    - One medium clementine contains 9g of carbs
15. Pineapple
    - 6g of carbs in a 50-gram portion
    - One-half cup of pineapple chunks contains 11g of carbs
16. Nectarines
    - 6g of carbs in a 50-gram portion
    - One medium nectarine contains 15g of carbs
17. Blueberries
    - 7g of carbs in a 50-gram portion
    - One-half cup of blueberries contains 11g of carbs
18. Apples
    - 7g of carbs in a 50-gram portion
    - One medium apple with skin contains 25g of carbs
19. Pear
    - 7g of carbs in a 50-gram portion
    - One medium pear contains 27.5g of carbs
20. Kiwi
    - 8g of carbs in a 50-gram portion
    - One medium kiwi without skin contains 11g of carbs
21. Cherries
    - 8g of carbs in a 50-gram portion
    - One-half cup of cherries contains 11g of carbs
22. Tangerine
    - 8g of carbs in a 50-gram portion
    - One medium tangerine contains 12g of carbs
23. Mango
    - 8g of carbs in a 50-gram portion
    - One-half cup of sliced mango contains 14g of carbs
24. Persimmon
    - 9g of carbs in a 50-gram portion
    - One medium persimmon contains 8.5g of carbs