

Fruits

Item	Serving Size	Carbs
Apple	1 small	15
Applesauce (sweetened)	1 cup	30
Banana	1 small	30
Blueberries	1 cup	20
Melon or Cantaloupe	1 cup	15
Cherries	12 cherries	15
Fruit Cocktail	1 cup	30
Grapefruit	1 grapefruit	30
Grapes	1 cup	16
Kiwi	1 medium	15
Mandarin oranges	1 cup	26
Orange	1 medium	15

Fruit Juices

Item	Serving Size	Carbs
Apple, Orange, Grapefruit	1 cup	30
Cranberry, Grape	1 cup	45
Fruit juice blends (100% juice)	1 cup	45