

All veggies contain small amount of fructose. And that's ok. Man was not designed to be exposed to fruit 24/7 like he is now. Man would have been exposed to fruit a few months out of the year...period. Keep in mind that JUICE will have too much fructose since it has many servings of fruit in one glass.

So , How many grams of fructose do we want to try ad limit ourselves too?

Answer: About 25 grams per day.

**Here's a quick reference list of some of the most common fruits that you can use to help you count your fructose grams:**

Limes	1 medium	0	Boysenberries	1 cup	4.6
Lemons	1 medium	0.6	Tangerine/mandarin orange	1 medium	4.8
Cranberries	1 cup	0.7	Nectarine	1 medium	5.4
Passion fruit	1 medium	0.9	Peach	1 medium	5.9
Prune	1 medium	1.2	Orange (navel)	1 medium	6.1
Apricot	1 medium	1.3	Papaya	1/2 medium	6.3
Guava	2 medium	2.2	Honeydew	1/8 of med. melon	6.7
Date (Deglet Noor style)	1 medium	2.6	Banana	1 medium	7.1
Cantaloupe	1/8 of med. melon	2.8	Blueberries	1 cup	7.4
Raspberries	1 cup	3.0	Date (Medjool)	1 medium	7.7
Clementine	1 medium	3.4	Apple (composite)	1 medium	9.5
Kiwifruit	1 medium	3.4	Persimmon	1 medium	10.6
Blackberries	1 cup	3.5	Watermelon	1/16 med. melon	11.3
Star fruit	1 medium	3.6	Pear	1 medium	11.8
Cherries, sweet	10	3.8	Raisins	1/4 cup	12.3
Strawberries	1 cup	3.8	Grapes, seedless (green or red)	1 cup	12.4
Cherries, sour	1 cup	4.0	Mango	1/2 medium	16.2
Pineapple	1 slice (3.5" x .75")	4.0	Apricots, dried	1 cup	16.4
Grapefruit, pink or red	1/2 medium	4.3	Figs, dried	1 cup	23.0

Just a reminder - Fructose goes direct to your liver and is stored as fat.