



Carbs & Cals

Bestselling Book & Award-winning App for Diabetes & Weight Loss



✓ Type 1 Diabetes

✓ Type 2 Diabetes

✓ Weight Loss

✓ 5:2 Diet

FRUIT

Fruit is an important part of a balanced diet and provides vitamins, minerals and fibre, which is important for a healthy digestive system. It's also a source of carbohydrate and the amount of carbohydrate in different fruit can vary considerably. 80g of fruit counts as one portion towards your 5-a-day.

Apple

13g Carbs
131g
1 5-a-day

56 Cals
1g Prot
1g Fat
0g SatFat
1g Fibre

Banana

17g Carbs
130g
1 5-a-day

69 Cals
1g Prot
0g Fat
0g SatFat
1g Fibre

Orange

8g Carbs
140g
1 5-a-day

38 Cals
1g Prot
0g Fat
0g SatFat
2g Fibre

Grapes (seedless)

12g Carbs
80g
1 5-a-day

50 Cals
1g Prot
0g Fat
0g SatFat
1g Fibre

Kiwi

5g Carbs
50g, 1 kiwi
1/2 5-a-day

25 Cals
1g Prot
0g Fat
0g SatFat
1g Fibre

Raspberries

7g Carbs
160g
1 5-a-day

40 Cals
2g Prot
0g Fat
0g SatFat
5g Fibre

Strawberries

9g Carbs
140g
1 5-a-day

42 Cals
1g Prot
1g Fat
0g SatFat
5g Fibre

Dates

20g Carbs
30g
1 5-a-day

81 Cals
1g Prot
0g Fat
0g SatFat
2g Fibre

Cherries

18g Carbs
160g
1 5-a-day

77 Cals
1g Prot
0g Fat
0g SatFat
2g Fibre