

# Carbohydrates from Fruit - A Botanical Spin on Nutrition

*By: Matthew Cress of Cress Dietetics*

This document outlines the botanical category of 'Fleshy Fruits'. The goal of this guide is to help you get a deeper understanding of how fruit can be grouped together. These groupings will help you see similarities in carbs, water, and fiber content along with helping you recognize the seasonality of your favorite fruits.

**Values outline 100g of the edible portion of the fruit.**

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## Simple Fruit – Drupe (Stone Fruits)

Fruit	Carbs (per 100g)	Water (per 100g)	Fiber (per 100g)	Average Wt. (per fruit)	Carbs (per fruit)
Apricot	7g	86g	2g	35g	~2.5g
Cherry	12g	82g	1.6g	8g	~1g
Plum	9g	87g	1.4g	66g	~6g
Peach	9g	89g	1.5g	150g	~13g
Nectarine	9g	87g	1.7g	150g	~13g
Mango	14g	83g	1.6g	200g	~28g
Lychee	15g	82g	1.3g	10g	~1.5g
Olive	~6g	74g	3.3g	4g	~0.2g
Avocado*	9g	73g	7g	~200g	~18g

\*Skin removed

*Matt's note: This table includes both sweet stone fruits and fatty stone fruits such as olives and avocados. These are all botanical drupes despite being used differently in the kitchen. Olives and avocados do have fat content that is not listed in the table above.*

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## Simple Fruit – Pome (Apple family)

Fruit	Carbs (per 100g)	Water (per 100g)	Fiber (per 100g)	Average Weight (per fruit)	Carbs (per fruit)
Apple	12g	86g	2.4g	200g	~24g
Pear	11g	84g	3.1g	180g	~20g
Quince* <sup>1</sup>	15g	84g	1.9g	250g	~38g

\*Skin removed

<sup>1</sup>Not to be consumed raw.

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## Aggregate Fruits

Fruit	Carbs (per 100g)	Water (per 100g)	Fiber (per 100g)	Average Wt. (per fruit)	Carbs (per fruit)	How many in 100g
Raspberry	4g	86g	6.5g	4g	~0.2g	~25
Blackberry	4g	88g	5g	5g	~0.2g	~25
Strawberry	6g	91g	2g	12g	~0.7g	~15

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## Multiple Fruits

Fruit	Carbs (per 100g)	Water (per 100g)	Fiber (per 100g)	Average Wt. (per fruit)	Carbs (per fruit)
Pineapple* <sup>1</sup>	11g	86g	1.4g	~2000g	~220g
Fig	14g	79g	2.9g	50g	~7g
Mulberry	8g	88g	1.7g	3g	~0.2g

\*Skin removed

<sup>1</sup>Usually not consumed all in one sitting

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## Berry – True Berries

Fruit	Carbs (per 100g)	Water (per 100g)	Fiber (per 100g)	Avg Wt. (per fruit)	Carbs (per fruit)	How many in 100g
Blueberry	11g	84g	2.4g	1.5g	~0.2g	~65
Black currant	8g	83g	4.3g	1g	~0.08g	~100
Red currant	7g	85g	4.3g	1g	~0.07g	~100
Gooseberry	5g	88g	4.3g	4g	~0.2g	~25
Grape	16g	81g	0.9g	5g	~0.8g	~20
Elderberry	11g	79g	7g	0.5g	~0.06g	~200
Cranberry	8g	87g	3.6g	1.5g	~0.12g	~65
Banana*	20g	75g	2.6g	~135g	~27g	X

Note: Though bananas and blueberries may feel different culinarily, botanically both are true berries.

\*Skin removed

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## Berry – Hesperidium (Citrus Fruits)

Fruit	Carbs (per 100g)	Water (per 100g)	Fiber (per 100g)	Average Weight (per whole fruit)	Carbs (per whole fruit)
Orange*	8g	87g	2.4g	130g	~10g
Lemon*	3g	89g	2.8g	65g	~2g
Lime*	2g	88g	2.8g	70g	~1–2g
Grapefruit* <sup>1</sup>	11g	91g	1.1g	230g**	~25g
Mandarin*	10g	88g	1.8g	90g	~9g
Clementine*	12g	87g	1.7g	75g	~9g
Pummelo*	9g	90g	1g	1000g+**	~90g+**

\* Skin removed

\*\* The average weight of the whole fruit varies, weigh for better accuracy.

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## Berry – Other Families

Fruit	Carbs (per 100g)	Water (per 100g)	Fiber (per 100g)	Average Wt. (per fruit)	Carbs (per fruit)
Papaya**	10g	89g	1.7g	~500g	~50g
Passionfruit	9–10g	73g	10g	18g	~2g

## Berry – Pepo – Cucurbita

Fruit	Carbs (per 100g)	Water (per 100g)	Fiber (per 100g)
Pumpkin* <sup>1</sup>	~7g	91g	0.5g
Zucchini (summer) <sup>1</sup>	3g	94g	1g
Squash (butternut)* <sup>1</sup>	12g	86g	2g
Squash (spaghetti)* <sup>1</sup>	7g	92g	1.5g
Squash (winter mix)* <sup>1</sup>	8–12g	86–90g	1–2g

\*Skin removed

<sup>1</sup> Not recommended consuming raw. See *Matt's Note*.

*Matt's Note: The average weight for very large fruits like pumpkins, squashes, and melons, can vary dramatically. Remember that the values below are for raw, uncooked fruits. Members of this family like squash and zucchini contain cucurbitacin which makes the fruit bitter if consumed raw. Cooking destroys this compound and makes it more enjoyable to eat.*

## Berry – Pepo – Other

Fruit	Carbs (per 100g)	Water (per 100g)	Fiber (per 100g)	Average Wt. (per fruit)	Carbs (per fruit)
Cantaloupe*	7g	90g	0.9g	1200g	~84g
Honeydew*	9g	90g	0.8g	1800g	~162g
Melons*	4g	90g	0.9g	~1000g	~40g
Watermelon*	7g	91g	0.4g	9000g	~630g
Cucumber	4g	95g	0.5g	300g	~12g

\*Skin removed

*Matt's Note: The average weight for melons varies greatly. I recommend weighing the whole thing then just getting a rough estimate for how many slices you make. For example, if you cut a 1200g cantaloupe into 6 slices you'll get about 14g of carbs per slice.*

## Fruit - Berry -Nightshades (Yes, technically Berries!)

Fruit	Carbs (per 100g)	Water (per 100g)	Fiber (per 100g)	Average Wt. (per fruit)	Carbs (per fruit)
Tomato	4g	95g	1.2g	120g	~5g
Eggplant <sup>1</sup>	6g	92g	3g	300g	~18g
Pepper	6g	92g	2g	120g	~7g
Goji berry	13g	83g	5g	2g	~0.3g

<sup>1</sup>Not recommended consuming raw.

*Matt's Note: the potato is technically part of the nightshade family but is a root, not a fruit so it is not listed in this section.*

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## Fruit Juice

Juice	Carbs (g)	Water (g)	Fiber (g)
Apple juice	11g	88g	0.2g
Orange juice	10g	89g	0.2g
Grape juice	15g	84g	0.1g
Multifruit	10–14g	85–90g	<0.5g
Pomegranate	13g	85g	0.1g

*Matt's notes on fruit juice:*

*Fruit juices usually have about the same sugars or slightly higher, less fiber, and slightly more water. Nutrition labels should be provided and used in priority. If you have a specific fruit juice you can simply refer to the whole fruit version, take away the fiber and slightly increase the carbs and water content. Also, The micronutrients in fruit juice are much less due to light and oxygen exposure.*

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# Matt's Easy Carbohydrate Calculations:

## **Finding Carbohydrates from a Portion of Fruit**

*The 100g portion values for each fruit = The percentage (%) of carbs, water, and fiber from a fruit. Yes, the 100g values you see on this guide can be seen as grams or as a percentage.*

Fruit	Carbs (per 100g)	Water (per 100g)	Fiber (per 100g)
Apricot	7g	86g	2g

OR

Fruit	Carbs (per 100g)	Water (per 100g)	Fiber (per 100g)
Apricot	7%	86%	2%

### **Example apricot carbohydrate counting (Metric):**

- 1) You have 350g of apricots and apricots have 7g of carbs per 100g.
- 2) In other words, apricots are 7% carbohydrates
- 3) Multiply your weight of apricots by their carb %  
 $350g \times 0.07 = 24.5g$  of carbohydrates.
- 4) There are 24.5g of carbs in 350g of apricots!

### **Imperial, U.S. calculations:**

- 1) For 6oz of apricots:
- 2) Multiply your weight of apricots by their carb %  
 $6oz. \times 0.07 = 0.42$  oz. of carbohydrates.
- 3) Now convert oz. to grams by multiplying by 28.3495  
 $0.42 \text{ oz. of carbohydrates} \times 28.3495 = 11.9g$  of carbohydrates
- 4) There are about 12 grams of carbohydrates from 6oz. of apricots.

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## Finding \_\_\_\_g of Carbs from a fruit:

### **Example: How to find 30g of carbohydrates from Apricots?**

Goal Carbs / Grams of carbs from that fruit = How much to eat of that fruit.

$30g / 7g$  of carbohydrates per apricot = about 4 apricots

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Food information is sourced from accredited <https://ciqual.anses.fr/>

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