

# Keto Exchanges



EACH OF THE FOLLOWING FRUIT SERVINGS  
CONTAINS APPROX. 5 GRAMS OF CARBOHYDRATES

AVOCADO (CALIFORNIA OR FLORIDA)	3/4 OF 1 MEDIUM SIZE
APPLE, UNPEELED, SMALL	1/3 OR 2 OZ
APPLESAUCE, UNSWEETENED	2 1/2 TABLESPOONS
BLACKBERRIES, FRESH	1/2 CUP
BLUEBERRIES, FRESH	1/3 CUP
CANTALOUPE, FRESH	1/3 CUP CUBES
CHERRIES, SWEET, FRESH	4 CHERRIES
DATES, FRESH	1 DATE
FIGS, FRESH	1/2 FIG
GRAPES, SMALL	5 GRAPES
HONEYDEW MELON	1/3 CUP CUBES
KIWI, FRESH	1/3 OF ONE KIWI
MANGO, FRESH	2 1/2 TABLESPOONS, CUBED
NECTARINE, SMALL	1/3 ONE SMALL NECTARINE
ORANGE, FRESH, MEDIUM	1/3 OF ONE MEDIUM ORANGE
PAPAYA, FRESH	1/3 CUP CUBES
PEACH, MEDIUM, FRESH	1/3 OF ONE MEDIUM PEACH
PEAR, MEDIUM, FRESH	1/5 OF ONE MEDIUM PEAR
PINEAPPLE, FRESH	1/4 CUP
PLUMS, FRESH, SMALL	1/2 SMALL PLUM
RASPBERRIES, FRESH	3/4 CUP
STRAWBERRIES, FRESH	3/4 CUP
TANGERINES, FRESH, SMALL	1/2 SMALL TANGERINE
WATERMELON	1/3 CUP, CUBES