

FRUIT EXCHANGE LIST

One exchange of fruit contains approximate 15 grams of carbohydrate, no protein or fat, and 60 calories¹. Fruits in the amounts listed below equal one exchange. Fruits should be taken along with edible skin and seeds.

Apple, small (2 inches) = 4 Apricots (Medium) = ½ Banana (9 inch long)



12 Cherries (Large) = 1 small cheekoo (saputa) = 3 Dates



2 Figs = 15 grapes = 1 Guvava (medium)



1 Kiwi = ½ Mango small, 1 slice Mango large = ¼ medium musk melon



1 Orange = 3 slices papaya (medium size) = 1 medium peach (2.5 inch)



2 plums = ½ pomegranate = 2 slices pineapple



1 small pear = 1 ½ cup strawberry = 1 ¼ cup water melon cubes

