

# KETO LOW CARB FRUIT LIST

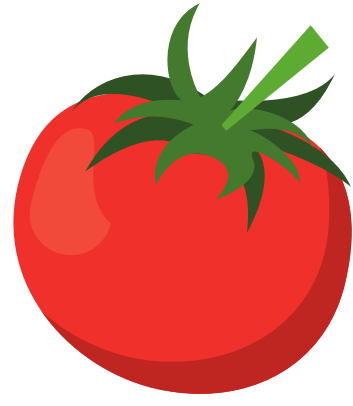
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**STAR FRUIT**  
per 1/2 cup

**2.0g**



**TOMATOES**  
per 1/2 cup

**2.4g**



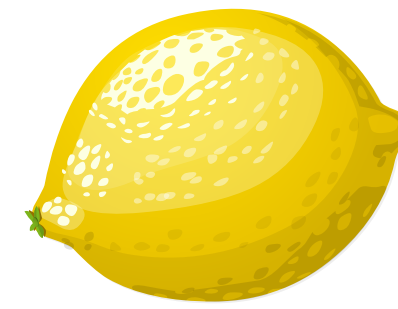
**COCONUT**  
per 1/2 cup

**2.5g**



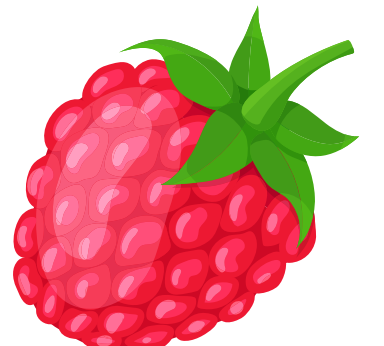
**BLACKBERRIES**  
per 1/2 cup

**3.0g**



**LEMON**  
one med

**3.4g**



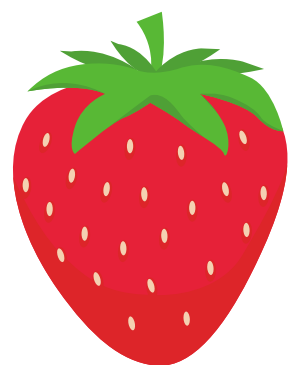
**RASPBERRIES**  
per 1/2 cup

**3.5g**



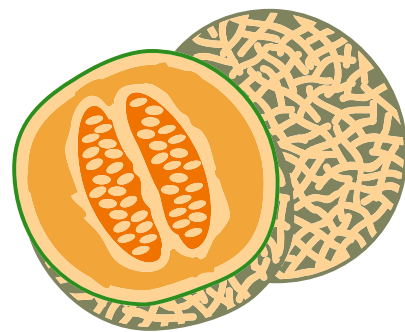
**AVOCADO**  
one med

**4.0g**



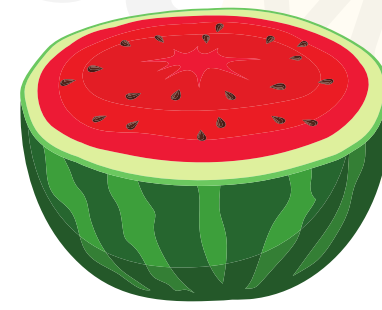
**STRAWBERRIES**  
per 1/2 cup

**4.5g**



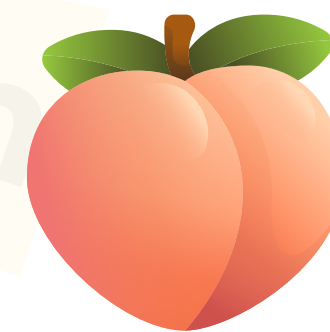
**CANTALOUPE**  
per 1/2 cup

**5.6g**



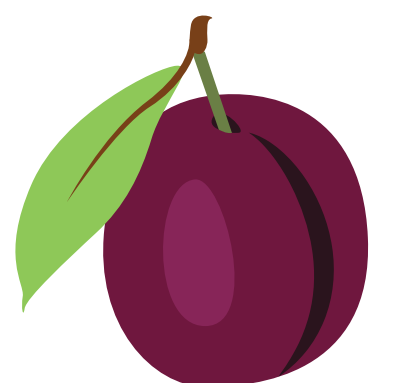
**WATERMELON**  
per 1/2 cup

**5.7g**



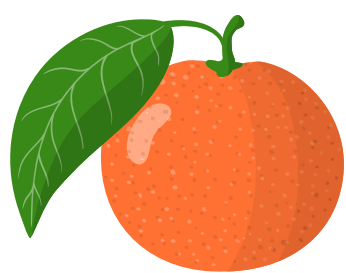
**PEACH**  
one med

**5.9g**



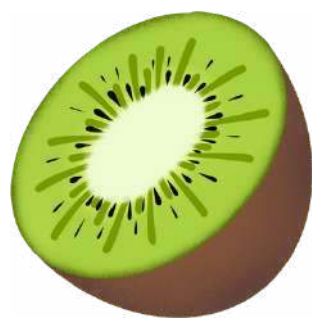
**PLUM**  
one med

**6.6g**



**CLEMENTINE**  
one med

**7.7g**



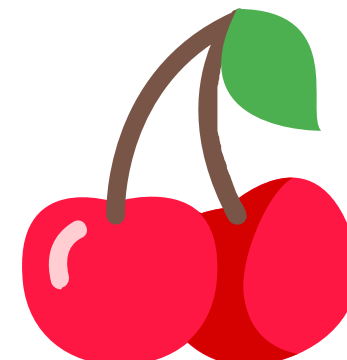
**KIWIFRUIT**  
one med

**7.9g**



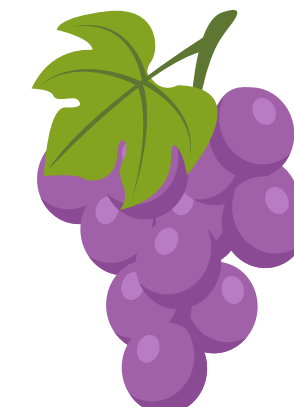
**BLUEBERRIES**  
per 1/2 cup

**7.9g**



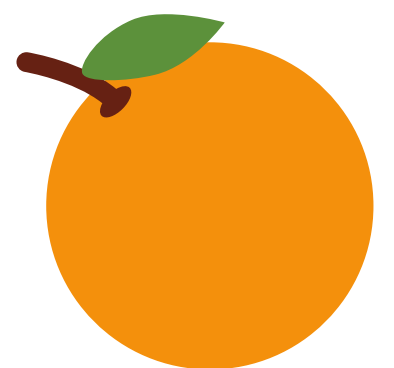
**CHERRIES**  
per 1/2 cup

**8.3g**



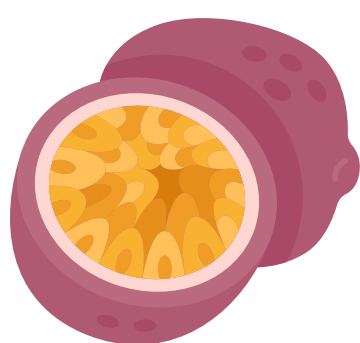
**GRAPES**  
per 1/2 cup

**13.7g**



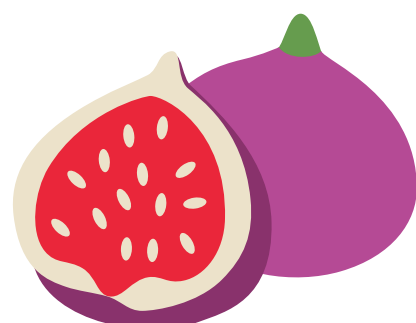
**ORANGE**  
one med

**14.0g**



**PASSIONFRUIT**  
per 1/2 cup

**15.4g**



**FIGS**  
two med

**16.2g**



**PINEAPPLE**  
per 1/2 cup

**17.0g**



**PEAR**  
one med

**18.7g**



**APPLE**  
one med

**22.0g**



**BANANA**  
one med

**25.0g**

SOURCE: The USDA FoodData Central App, <https://fdc.nal.usda.gov/fdc-app.html#/>

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