

ORANGE LIST

FRUITS

Apples 1.5
Bananas 1 small
Blackberries 3.5 C
Blueberries 1.5 C
Cherries (sweet) 1 C
Clementines 3
Figs 3 small
Gooseberries 1.5 C
Grapes, green, under 1 C
Guavas 2
Litchis 18
Mangos, sliced, under 1 C
Pawpaw 1

Nectarines 2
Strawberries 25
Raspberries 2 C
Quince 2
Prickly pears 4
Pomegranate ½
Plums 4
Pineapple, sliced, 1 C
Pears (Bartlett) 1
Peaches 2
Oranges 2
Watermelon 2 C
Kiwi fruit 3

NUTS

Cashews, raw, 6 T
Chestnuts, raw, 1 C

SWEETENERS

Honey 1t

VEGETABLES

Avocados 3
Butternut 1.5 C
Carrots 5
Sweet potato 0.5 C

C = cup per day

T = tablespoon per day

t = teaspoon per day

g = grams per day

ml = millilitres per day

For example: Apples - 1.5 are all the carbs you can have for the day