



# FRUIT ON KETO: TYPES AND PORTIONS

It's possible to live a fat-adapted lifestyle while still enjoying some fruit here and there. With a traditional keto plan of limiting your carb intake to less than 50 grams daily, it's up to you how you want to allocate your carbs. If you love fruit, just remember to plan and portion accordingly.



## FIVE (5) NET CARBS OR LESS

- 1/2 cup of fresh strawberries (3.3 net carbs)
- 1/2 cup of fresh raspberries (4.2 net carbs)
- 1/2 of a medium peach (4.3 net carbs)
- 5 whole sweet cherries (5.1 net carbs)
- 1/2 of a kiwi fruit (4.3 net carbs)
- 1 medium apricot (3.2 net carbs)
- 1/2 medium Haas avocado (3.7 net carbs)



## TEN (10) NET CARBS OR LESS

- 1 cup of fresh strawberries (6.6 net carbs)
- 1 cup of fresh raspberries (8.4 net carbs)
- 1/2 cup of fresh blueberries (8.6 net carbs)
- 1/2 cup of fresh boysenberries (8.0 net carbs)
- 1/2 cup of blackberries (5.9 net carbs)
- 1/2 cup raw grapes (7.1 net carbs)
- 1/2 cup fresh pineapple (8.7 net carbs)
- 1 raw plum (8.6 net carbs)
- 1 medium tangerine (9.4 net carbs)
- 1 lime (7.1 net carbs)
- 1/2 medium apple (9.0 net carbs)
- 1/2 Valencia orange (5.2 net carbs)
- 1/2 cup fresh honeydew melon (7.8 net carbs)
- 1/2 cup fresh cantaloupe (5.7 net carbs)



### NET CARBS AND SUGAR SENSITIVITY

Some people are sensitive to the sugar in fruit, therefore it can have the same effect as candy when it comes to glucose and insulin levels in the blood. The fiber in fruit slows down digestion somewhat, but eating fruit does generate higher levels of blood sugar. Talk to your doctor if you feel like fruit intake is pushing you out of ketosis.