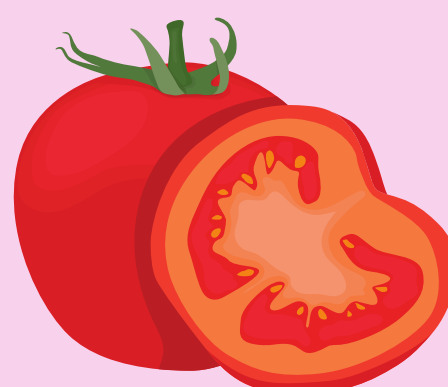
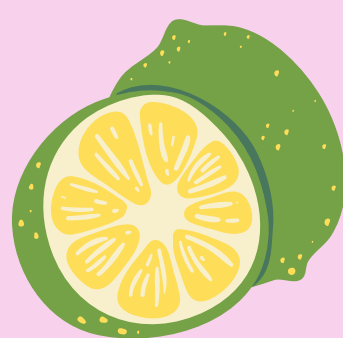
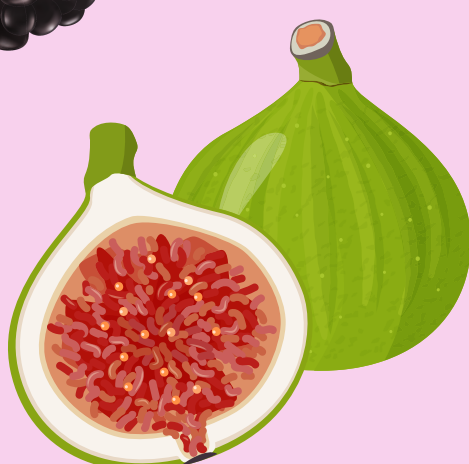
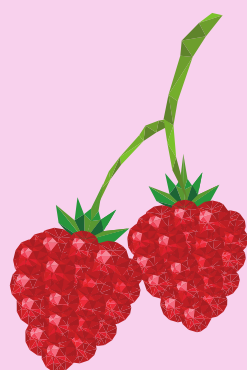
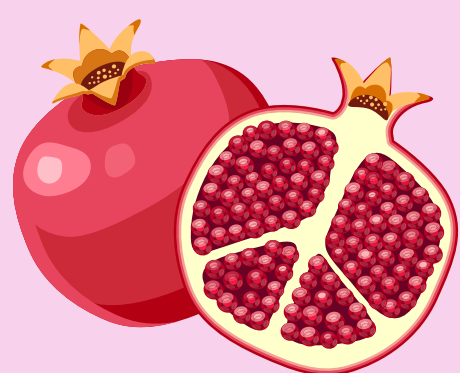
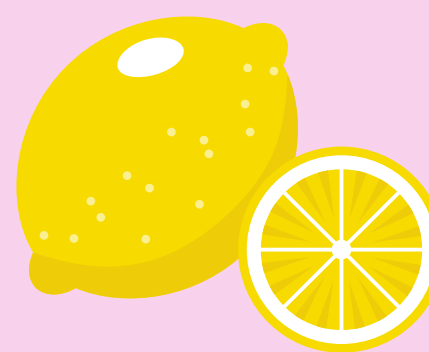
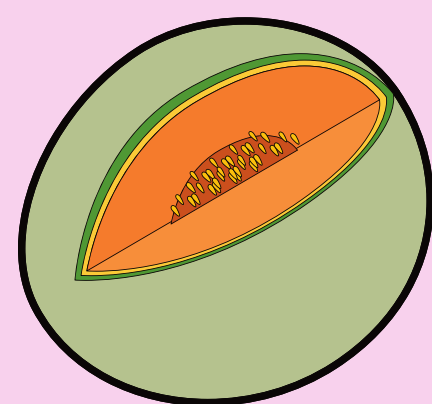


FRUIT SUGAR LEVELS



Fruit is loaded with vitamins, minerals, antioxidants and fibre which is incredibly beneficial to our bodies and should be included in our little one's diets. Fruit can also contain relatively high levels of sugar which has recently caused concern with so many toddlers having teeth removed due to decay.

Use this simple table to help you make wise choices when mixing your little one's smoothies, making fruit purees for weaning or serving fruit snacks and puddings.

Sugar content is listed in grams per 100g of edible fruit and 4g is the equivalent of 1 teaspoon of sugar



FRUIT SUGAR LEVELS PER 100g

| | |
|-------------|-------|
| Grapes | 18.1g |
| Banana | 15.6g |
| Mango | 14.8g |
| Apples | 13.3g |
| Pineapple | 11.9g |
| Pear | 10.5g |
| Kiwi | 10.5g |
| Pomegranate | 10.1g |
| Raspberries | 9.5g |

| | |
|--------------|------|
| Apricots | 9.3g |
| Orange | 9.2g |
| Watermelon | 9.0g |
| Cantaloupe | 8.7g |
| Peach | 8.7g |
| Nectarine | 8.5g |
| Honeydew | 8.2g |
| Blackberries | 8.1g |
| Cherries | 8.0g |

| | |
|--------------|------|
| Tangarine | 7.7g |
| Plum | 7.5g |
| Blueberries | 7.3g |
| Figs | 6.9g |
| Grapefruit | 6.2g |
| Strawberries | 5.8g |
| Lemon | 2.5g |
| Avocado | 0.9g |
| Lime | 0.4g |

SUGAR CONTENT DRIED FRUITS PER 100g

| | |
|----------------|-------|
| Dried Mango | 73.0g |
| Raisins | 65.0g |
| Dates | 64.2g |
| Dried Figs | 62.3g |
| Dried Apricots | 38.9g |

SUGAR CONTENT RAW VEG PER 100g

| | |
|----------|------|
| Carrots | 4.7g |
| Tomato | 2.8g |
| Pepper | 2.4g |
| Cucumber | 1.7g |
| Spinach | 0.4g |

Eating two to three pieces of fruit a day is fine, though try to have some nuts and seeds alongside your fruit. The protein and fat slows down the absorption of sugar into the bloodstream and provides longer lasting energy.

