

# KETO DIET GUIDE

## FRUIT

This table lists **net carbs per 100g for fruit**.

Net carbs are the total carbs minus fiber. We use net carbs for the keto diet, instead of total carbs, because the body cannot break down fiber to be used as energy. So, they “don’t count”.

You can see directly that some fruits are better suited for the keto diet, such as the different berries. Fruits that are particularly rich in carbohydrates are less suitable, such as bananas.

fruit	carbs	fiber	net carbs	notes
<a href="#">tomato</a>	3.89	1.2	2.69	1 small tomato is about 100g
<a href="#">blackberries</a>	9.61	5.3	4.31	1 cup is about 150g
<a href="#">raspberries</a>	11.94	6.5	5.44	10 raspberries are about 20g, 1 cup is about 120g
<a href="#">strawberries</a>	7.68	2	5.68	1 strawberry is about 7-18g; 1 cup of halved strawberries is about 150g
<a href="#">gooseberries</a>	10.18	4.3	5.88	1 cup is about 150g
<a href="#">coconut</a>	15.23	9	6.23	1 cup shredded coconut is about 80g
<a href="#">lemon</a>	9.32	2.8	6.52	1 lemon is about 50-100g
<a href="#">grapefruit</a>	8.08	1.1	6.98	1 small grapefruit is about 100g
<a href="#">asian pears</a>	10.64	3.6	7.04	1 fruit is about 120g
<a href="#">watermelon</a>	7.55	0.4	7.15	1 small wedge is about 70g, 1 small melon is about 3200g
<a href="#">cantaloupe</a>	8.16	0.9	7.26	1 small wedge is about 50g, 1 large wedge is about 100g
<a href="#">lime</a>	10.54	2.8	7.74	1 lime is about 70g
<a href="#">peach</a>	9.54	1.5	8.04	1 small peach is about 130g, 1 large peach is about 175g
<a href="#">mulberries</a>	9.8	1.7	8.1	10 mulberries are about 15g, 1 cup is about 140g
<a href="#">cranberries</a>	11.97	3.6	8.37	1 cup is about 100g
<a href="#">cloudberries</a>	8.6	0	8.6	
<a href="#">nectarine</a>	10.55	1.7	8.85	1 small nectarine is about 130g, 1 large nectarine is about 160g
<a href="#">guava</a>	14.32	5.4	8.92	1 small guava is about 55g
<a href="#">honeydew melon</a>	9.09	0.08	9.01	1 small wedge is about 100, 1 large wedge is about 200g

<a href="#">apricot</a>	11.12	2	9.12	1 apricot is about 35g
<a href="#">papaya</a>	10.82	1.7	9.12	1 small papaya is about 150g, 1 large papaya is about 380g
<a href="#">orange</a>	11.75	2.4	9.35	1 small orange is about 100g, 1 large orange is about 180g, 1 slice is about 17g
<a href="#">currants</a>	13.8	4.3	9.5	1 cup is about 115g
<a href="#">plum</a>	11.42	1.4	10.02	1 plum is about 70g
<a href="#">cherries (sour)</a>	12.18	1.6	10.58	1 cherry is about 8g, 1 cup pitted is about 150g
<a href="#">elderberries</a>	18.4	7	11.4	1 cup is about 145g
<a href="#">apple</a>	13.81	2.4	11.41	1 small apple is about 150g
<a href="#">kiwi</a>	14.66	3	11.66	1 fruit is about 70g
<a href="#">pineapple</a>	13.12	1.4	11.72	1 cup is about 150g
<a href="#">blueberries</a>	14.49	2.4	12.09	50 berries is about 70g, 1 cup is about 150g
<a href="#">pear</a>	15.23	3.1	12.13	1 small pear is about 150g
<a href="#">passion fruit</a>	23.38	10.4	12.98	1 passion fruit is about 20g
<a href="#">mango</a>	14.98	1.6	13.38	1 mango is about 200g
<a href="#">quince</a>	15.3	1.9	13.4	1 quince is about 90g
<a href="#">cherries (sweet)</a>	16.01	2.1	13.91	1 cherry is about 8g, 1 cup pitted is about 150g
<a href="#">pomegranate</a>	18.7	4	14.7	1 pomegranate is about 150g
<a href="#">persimmon</a>	18.59	3.6	14.99	1 fruit is about 168g
<a href="#">figs</a>	19.18	2.9	16.28	1 medium fig is about 50g
<a href="#">grapes</a>	18.1	0.9	17.2	10 grapes is about 50g, 1 cup is about 150g
<a href="#">banana</a>	22.84	2.6	20.24	1 small banana is about 100g, 1 extra large banana is about 150g
<a href="#">dried figs</a>	27.57	4.2	23.37	1 dried fig is about 8g, 1 cup is about 150g
<a href="#">dried apricots</a>	62.5	7.5	55	1 cup is about 160g
<a href="#">dried plums</a>	65	7.5	57.5	1 cup is about 160g
<a href="#">dates</a>	75.03	8	67.03	1 date is about 7g
<a href="#">raisins</a>	77.5	5	72.5	