

Low Carb Fruits

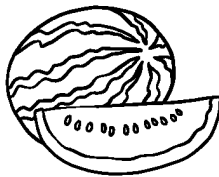
Avocados

Serving size: 100 grams
(about half an avocado)

Carbs: 9 grams

Fiber: 7 grams (only 2 net carbs)

Calories: 160



Watermelon

Serving size: 100 grams
(about 1 cup, diced)

Carbs: 8 grams

Fiber: 0.4 grams (7.6 net carbs)

Calories: 30

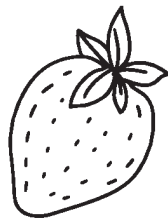
Strawberries

Serving size: 100 grams
(about 1 cup, sliced)

Carbs: 8 grams

Fiber: 2 grams (6 net carbs)

Calories: 32



Peaches

Serving size: 100 grams
(about 1 small peach)

Carbs: 10 grams

Fiber: 1.5 grams (8.5 net carbs)

Calories: 39

Raspberries

Serving size: 100 grams
(about 1 cup)

Carbs: 12 grams

Fiber: 6.5 grams (5.5 net carbs)

Calories: 53



Lemons

Serving size: 1 lemon
58 grams)

Carbs: 5 grams

Fiber: 1.6 grams (3.4 net carbs)

Calories: 17

Blackberries

Serving size: 100 grams
(about 1 cup)

Carbs: 10 grams

Fiber: 5 grams (5 net carbs)

Calories: 43



Tomatoes

Serving size: 100 grams
(about 1 medium tomato)

Carbs: 4 grams

Fiber: 1.2 grams (2.8 net carbs)

Calories: 18

Cantaloupe

Serving size: 100 grams
(about 1 cup, diced)

Carbs: 8 grams

Fiber: 0.9 grams (7.1 net carbs)

Calories: 34