

# START LOW CARB

## Low Carb Fruit



## Atkins Low Carb Fruit List

**The lowest carb fruit** (1 to 5 net carbs) are some of the highest in nutritional value, antioxidants and phytonutrients per serving.

**Low carb fruit** (6 to 10 net carbs) has enough fiber per serving to counteract most of the sugary carbs.

After the first two weeks (Atkins Induction phase), these **low carb fruits** are perfect for your **low carb diet**.

## (Fruit, Serving Size, Net Carbs)

### 1 Net Carb or Less

Avocado, ½ cup, 1

### 2 Net Carbs or Less

Coconuts, ¼ cup, 1.3

Raspberries, ¼ cup, 1.7

Rhubarb, ½ cup, 1.7

Cranberries, ¼ cup, 2

### 3 Net Carbs or Less

Strawberries, ¼ cup, 2.3

Watermelon, ¼ cup, 2.6

Blackberries, ¼ cup, 2.7

Starfruit, ¼ cup, 3

Apricot, ¼ cup, 3

### 4 Net Carbs or Less

Red Raspberries, ½ cup, 3.4

Lemon, ¼ cup, 3.5

Honeydew, ¼ cup, 3.6

Black Raspberries, ½ cup, 3.7

Currant, ¼ cup, 4

Elderberries, ¼ cup, 4

Blueberries, ¼ cup, 4

## **5 Net Carbs or Less**

Persimmon, ½ of small, 4.1

Cherries, ¼ cup, 4.2

Strawberries, sliced, ½ cup, 4.7

Pineapple, ¼ cup, 4.8

Strawberries, 1 whole large, 5

Acai Berry, 1 oz, 5

## **6 Net Carbs or Less**

Watermelon, ½ cup, 5.2

Guava, ½ cup, 5.3

Tangelo, ½ of whole, 6

## **7 Net Carbs or Less**

Prickly Pear (Cactus Pear), 1 whole, 6.2

Mango, ¼ cup, 6.3

Grapes, ¼ cup, 6.7

Raisins, Golden, 1 tbsp, 6.8

Raisins, Seedless, 1 tbsp, 6.8

Cantaloupe, ½ cup, 7

## 8 Net Carbs or Less

Peach, 1 small, 7.2

Plum, ¼ cup, 7.6

Passion Fruit (Maracuya), ¼ cup, 7.7

Grapefruit (red), ½ of whole, 7.9

## 9 Net Carbs or Less

Apple, ½ of whole, 8.7

Kiwi, 1 whole, 8.7

Tangerine, 1 small, 8.8

Gooseberries, ¼ cup, 9

Ugli Fruit, ½ of whole, 9

## 10-ish Net Carbs

Pomegranate, ¼ of whole, 10

Banana, ½ of small, 10.1

### Pears:

Japanese, ½ of medium, 10.2

Bartlett, ½ of medium, 10.3

Anjou, ½ of medium, 10.5

Asian, 1 whole, 10.5

Bosc, ½ of medium, 10.5



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