

# HOW TO COUNT FRUIT



## EDIBLE PORTION FOR WEIGHTS (THE PART YOU EAT)

### **4 OZ FOR ALL CONCENTRATED FRUITS:**

CHERRIES, APPLE, APPLESAUCE, BANANA, GRAPES, KIWI, MANGO, PAPAYA, PEAR, ALL SF CANNED FRUIT, and JUICE (FOR EMERGENCY ONLY)

### **8 OZ FOR ALL MELON AND BERRIES OR FRESH MIXED FRUIT SALAD**

*(NOTE BLACKBERRIES/BLUEBERRIES ARE SLIGHTLY MORE CONCENTRATED **SO MIX IT UP** AND DON'T JUST DO THESE PARTICULAR BERRIES ALL THE TIME... SO THE CALS AND CARBS WILL EVEN OUT)*

### **6 OZ FOR ALL OTHERS:**

PEACH (ADD ONE OUNCE FOR PIT), PINEAPPLE, PLUM (ADD ½ OZ FOR PIT), ORANGE, GRAPEFRUIT, CLEMENTINES, ETC