

Raw (per 100g)	Total Sugar (g)	Fructose	Glucose	Sucrose	Total Fibre	Dietary Fibre
Apple	10.3	56%	27%	18%	1.68%	0.59%
Apricot	8.4	6%	26%	68%	0.85%	0.52%
Banana	22.6	24%	36%	40%	1.46%	0.86%
Blueberry	11.8	48%	47%	4%	1.58%	0.91%
Boysenberry	7.1	30%	36%	3%	3.00%	0.90%
Cherries	13.9	47%	52%	1%	0.83%	0.47%
Blackcurrant	14.5	49%	50%	3%	3.00%	1.30%
Feijoa	7.7	17%	16%	67%	3.63%	1.05%
Figs	9.5	48%	52%	0%	1.50%	0.90%
Grape	15.5	50%	50%	0%	0.70%	0.40%
Kiwifruit	9.6	42%	41%	18%	1.62%	1.36%
Nashi	9.6	66%	28%	6%	1.00%	0.50%
Nectarine	7.8	17%	18%	65%	1.45%	0.77%
Peaches	7.3	14%	14%	73%	1.67%	0.89%
Pear	10.8	73%	20%	6%	1.76%	0.62%
Persimmon	15.9	48%	48%	3%	2.90%	1.70%
Pineapple	11.4	24%	18%	59%	1.40%	0.10%
Plums	13.8	16%	38%	46%	1.33%	0.90%
Raspberries	4.6	33%	37%	30%	2.37%	0.66%
Strawberries	6.6	45%	37%	17%	1.30%	0.60%
Watermelon	5.1	24%	18%	59%	0.20%	0.10%