Are Fruits Good or Bad for You? (From mercola.com march 13 20102)

Keep in mind that fruits also contain fructose, although an ameliorating factor is that whole fruits also contain vitamins and other antioxidants that reduce the hazardous effects of fructose.

Juices, on the other hand, are nearly as detrimental as soda, because a glass of juice is loaded with fructose, and a lot of the antioxidants are lost.

It is important to remember that fructose alone isn't evil as fruits are certainly beneficial. But when you consume high levels of fructose it will absolutely devastate your biochemistry and physiology. Remember the AVERAGE fructose dose is 70 grams per day which exceeds the recommend limit by 300 percent.

So please BE CAREFUL with your fruit consumption. You simply MUST understand that because HFCS is so darn cheap, it is added to virtually every processed food. Even if you consumed no soda or fruit, it is very easy to exceed 25 grams of hidden fructose in your diet.

If you are a raw food advocate, have a pristine diet, and exercise very well, then you could be the exception that could exceed this limit and stay healthy. But in my experience that is far less than one in 1,000 people and probably closer to 1 in 10,000 people.

So please, carefully add your fruits based on the table below to keep the total fructose from fruit below 15 grams per day.

Fruit	Serving Size	Grams of Fructose
Limes	1 medium	0
Lemons	1 medium	0.6
Cranberries	1 cup	0.7
Passion fruit	1 medium	0.9
Prune	1 medium	1.2
Apricot	1 medium	1.3
Guava	2 medium	2.2
Date (Deglet Noor style)	1 medium	2.6
Cantaloupe	1/8 of med. melon	2.8
Raspberries	1 cup	3.0
Clementine	1 medium	3.4
Kiwifruit	1 medium	3.4
Blackberries	1 cup	3.5
Star fruit	1 medium	3.6
Cherries, sweet	10	3.8
Strawberries	1 cup	3.8
Cherries, sour	1 cup	4.0
Pineapple	1 slice (3.5" x .75")	4.0
Grapefruit, pink or red	1/2 medium	4.3

Fruit	Serving Size	Grams of Fructose
Boysenberries	1 cup	4.6
Tangerine/mandarin orange	1 medium	4.8
Nectarine	1 medium	5.4
Peach	1 medium	5.9
Orange (navel)	1 medium	6.1
Papaya	1/2 medium	6.3
Honeydew	1/8 of med. melon	6.7
Banana	1 medium	7.1
Blueberries	1 cup	7.4
Date (Medjool)	1 medium	7.7
Apple (composite)	1 medium	9.5
Persimmon	1 medium	10.6
Watermelon	1/16 med. melon	11.3
Pear	1 medium	11.8
Raisins	1/4 cup	12.3
Grapes, seedless (green or red)	1 cup	12.4
Mango	1/2 medium	16.2
Apricots, dried	1 cup	16.4
Figs, dried	1 cup	23.0

Glucose Makes Fructose Even More Potent!

Fructose consumption clearly causes insulin resistance, whereas straight glucose does not. Insulin resistance can eventually lead to full blown diabetes.

Interestingly, glucose actually accelerates fructose absorption. So when you MIX glucose and fructose together, you absorb more fructose than if you consumed fructose alone.

This is an important piece of information for people who want to make a better effort at controlling their weight. With an epidemic of obesity going on in this country – two out of three people are overweight, and one out of three is obese – it has become clear that fructose is the single most important factor in this epidemic.