

## 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, JUICE (FOR EMERGENCY ONLY)

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

(NOTE BLACKBERRIES/BLEUBERRIES 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

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