



Top 65 high Fructose Fruits and Fruit Juices

(based on levels per 200-Calorie serving)

Rank	Food Name	Fructose
1	Applesauce, canned, unsweetened, with added ascorbic acid	28007mg
2	Pears, canned, water pack, solids and liquids	26896mg
3	Juice, apple and grape blend, with added ascorbic acid	25837mg
4	Apples, raw, without skin	25125mg
5	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	24916mg
6	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	24527mg
7	Pomegranate juice, bottled	23592mg
8	Grapes, red or green (European type, such as Thompson seedless), raw	23561mg
9	Pears, canned, juice pack, solids and liquids	23201mg
10	Dates, medjool	23074mg
11	Apples, raw, with skin [Includes USDA commodity food A343]	22692mg
12	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	22656mg
13	Watermelon, raw	22396mg
14	Mango nectar, canned	21799mg
15	Pineapple, canned, juice pack, solids and liquids	21667mg
16	Pears, raw [Includes USDA commodity food A435]	21486mg
17	Applesauce, canned, sweetened, without salt (includes USDA commodity) [Includes USDA commodity code A350]	21383mg
18	Tamarind nectar, canned	21301mg
19	Guanabana nectar, canned	20136mg
20	Raisins, seedless	19854mg
21	Guava nectar, canned	19544mg
22	Blueberries, canned, light syrup, drained	19158mg
23	Pineapple, canned, heavy syrup pack, solids and liquids	18463mg
24	Figs, dried, uncooked	18416mg
25	USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, solids and liquids [Commodity code A404]	18328mg
26	USDA Commodity pears, canned, light syrup, drained [Commodity codes A437, A434, A431, A433]	18286mg
27	Pears, canned, light syrup pack, solids and liquids	17897mg
28	Blueberries, raw	17437mg
29	Cherries, sweet, raw	17050mg
30	Blueberries, wild, canned, heavy syrup, drained	16864mg
31	Melons, honeydew, raw	16447mg
32	Persimmons, japanese, raw	15886mg

33	Strawberries, raw	15247mg
34	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	15004mg
35	Blueberries, wild, frozen	14548mg
36	Pineapple juice, canned, unsweetened, with added ascorbic acid	14381mg
37	Kiwi fruit, (chinese gooseberries), fresh, raw	14261mg
38	Cherries, sour, red, raw	14038mg
39	Dates, deglet noor	13872mg
40	Plums, raw	13348mg
41	Currants, red and white, raw	12606mg
42	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	12505mg
43	Strawberries, frozen, unsweetened	12397mg
44	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	11378mg
45	Peaches, dried, sulfured, uncooked	11291mg
46	Blackberries, raw	11161mg
47	Abiyuch, raw	11015mg
48	Melons, cantaloupe, raw [includes USDA commodity food A415]	11001mg
49	Bananas, raw	10899mg
50	Prune puree	10794mg
51	USDA Commodity peaches, canned, light syrup, drained [Commodity codes A408, A409, A411]	10656mg
52	Plums, dried (prunes), uncooked	10376mg
53	Apricots, dried, sulfured, uncooked	10349mg
54	Oranges, raw, navels	9184mg
55	Tangerines, (mandarin oranges), raw	9058mg
56	Raspberries, raw	9037mg
57	Pineapple, raw, traditional varieties	8623mg
58	Grapefruit, raw, pink and red, all areas	8429mg
59	Peaches, raw	7846mg
60	Clementines, raw	6980mg
61	Lime juice, raw	4881mg
62	Apricots, raw [Includes USDA commodity food A386]	3917mg
63	Cranberries, raw	2739mg
64	Rowal, raw	901mg
65	Avocados, raw, Florida	417mg