

Compare Fructose and Glucose Ratio in Vegetable, Fruit and Carbohydrate

Food	Serving	Fructose%	Glucose%	Fructose(g)	Glucose(g)	Total(g)
Honey	100g	53%	47%	40.94	35.75	76.69
Raisins	100g	52%	48%	29.68	27.75	57.43
Grape	100g	53%	47%	8.13	7.2	15.33
Pears	100g	71%	29%	6.42	2.6	9.02
Apple Juices	100g	69%	31%	5.73	2.63	8.36
Apple	100g	71%	29%	5.9	2.43	8.33
Mango	100g	70%	30%	4.68	2.01	6.69
Rice	100g	0%	100%	0	5.54	5.54
Corn	100g	36%	64%	1.94	3.43	5.37
Orange Juices	100g	52%	48%	2.43	2.27	4.7
Orange	100g	52%	48%	2.43	2.27	4.7
Pineapple	100g	55%	45%	2.12	1.73	3.85
Carrots	100g	40%	60%	1.29	1.97	3.26
Cucumber	100g	53%	47%	0.87	0.76	1.63
Peanut butter	100g	48%	52%	0.55	0.59	1.14
Potatoes	100g	45%	55%	0.27	0.33	0.6
Onion	100g	45%	55%	0.27	0.33	0.6
Rice flour	100g	50%	50%	0.2	0.2	0.4

Information: USDA - Nutrient Data Laboratory