

Fruit

In 100gm

Apple



~52Cal

Banana



~89Cal

Papaya Watermelon



~32Cal



~30Cal

Grapes



~67Cal

Pomegranate



~68Cal

Pineapple



~50Cal

Orange



~47Cal

Berries



~33Cal

Mango



~60Cal

Lemon



~29Cal

Cherry



~50Cal

Dragon fruit



~57Cal

Guava



~68Cal

Melon



~63Cal

Kiwi



~61Cal