

25 Lowest Carb Fruits

It's not always easy to compare apples to oranges when it comes to carbs. Fruits and vegetables come in all shapes and sizes, and while it might seem like one is a lower-carb choice than another, it may just seem that way because of size and weight differences. We leveled the playing field for you here, so you can compare apples to apples ... so to speak!

Note: To help you visualize a 50-gram portion, here are some examples: 10 grapes, 1/3 of a medium sized peach, 1/2 cup chopped celery, 35 blueberries, or 2 extra-long spears of asparagus.

#1 is CASABA MELON!

It contains 3.5g of carbs in a 50-gram portion. One-half cup of cubed casaba melon contains 5.5g of carbs.

Casaba melons are an excellent source of vitamin C and potassium. They are also a good source of vitamin B6, which can reduce levels of homocysteine — a key risk factor for heart disease.

#2 is WATERMELON!

It contains 4g of carbs in a 50-gram portion. One-half cup of diced watermelon contains 5.5g of carbs.

Watermelon is packed with vitamin A, vitamin C, beta-carotene, and lycopene, which has been shown to reduce the risk of several forms of cancer. It also contains citrulline, which our body needs to create arginine, an amino acid that has been shown to increase insulin sensitivity.

#3 is STRAWBERRIES!

They contain 4g of carbs in a 50-gram portion. One-half cup of sliced strawberries contains 6.5g of carbs.

Strawberries are loaded with phytonutrients, which makes them heart-protective, anti-cancer, and anti-inflammatory fruits. They contain ellagic acid, which may inhibit tumor growth. The anthocyanins found in strawberries block the pain and inflammation-causing compounds, COX-1 and COX-2.

#4 is CANTALOUPE!

(Next)

25 Lowest Carb Fruits, Continued

It contains 4g of carbs in a 50-gram portion. One-half cup of diced cantaloupe contains 6.5g of carbs.

Cantaloupe is a potassium, vitamin A, and beta-carotene heavyweight. Potassium is key for maintaining healthy blood pressure and may lower the risk of stroke. Vitamin A and beta-carotene are essential nutrients for good vision.

#5 is AVOCADO!

It contains 4g of carbs in a 50-gram portion. One-half cup of avocado contains 6.5g of carbs.

Avocados are high in monosaturated fat, which actually helps lower cholesterol and has been linked to a lower risk of cancer and diabetes. They are a good source of lutein, an antioxidant that helps your eyes and skin stay healthy, and a wide range of anti-inflammatory nutrients that may help prevent arthritis. They are high in fiber — one avocado has between 11 and 17 grams of fiber — which makes them great for blood sugar regulation.

#6 is BLACKBERRIES!

They contain 5g of carbs in a 50-gram portion. One-half cup of blackberries contains 7g of carbs.

Blackberries may inhibit metalloproteinase enzymes. When found in high amounts, these enzymes play a significant role in cancer development. Blackberries are also packed with polyphenols and anthocyanins, which can help prevent cancer and heart disease.

#7 is HONEYDEW MELON!

It contains 5g of carbs in a 50-gram portion. One-half cup of diced honeydew melon contains 8g of carbs.

Honeydew melon is a high volume fruit. For its weight, it contains a high amount of water, fiber, and air. It contains few calories but makes you feel full, so it's good for weight loss. It is also an excellent source of potassium, which can lower blood pressure and the risk of heart disease and stroke.

#8 is GRAPEFRUIT!

It contains 5g of carbs in a 50-gram portion. One-half medium grapefruit contains 10.5g
(Next)

25 Lowest Carb Fruits, Continued

of carbs.

Grapefruits are a great source of Vitamin C, which supports the immune system. The red and pink colors of grapefruit are due to lycopene, an antioxidant that may have anti-tumor effects. In addition, they contain liminoids that also prevent tumor growth. Pectin, a soluble fiber that may slow the progress of atherosclerosis and lower cholesterol, is also found in grapefruit.

#9 is ORANGES!

They contain 5g of carbs in a 50-gram portion. One medium orange contains 15.5g of carbs.

Oranges contain more than 170 cancer fighting phytochemicals and 60 flavonoids. This includes liminoids, which may fight cancer and lower cholesterol. They have a variety of heart-protecting nutrients, including blood pressure-lowering potassium, cholesterol-lowering pectin, and homocysteine-lowering folate. They're also an excellent source of vitamin C.

#10 is PEACHES!

They contain 5g of carbs in a 50-gram portion. One medium peach contains 14.5g of carbs.

Peaches are a good source of calcium, potassium, beta-carotene, and vitamins C, K, and A. They also contain beta-cryptoxanthin, a carotenoid with some anti-cancer and anti-inflammatory properties

#11 is PAPAYA!

It contains 5g of carbs in a 50-gram portion. One medium papaya contains 30g of carbs.

Papayas are a good source of 3 powerful antioxidants — vitamins C, E, and A — that prevent the oxidation of cholesterol and may prevent atherosclerosis and heart disease. They're one of the best sources of digestive enzymes that break down protein and may help reduce inflammation.

#12 is CRANBERRIES!

(Next)

25 Lowest Carb Fruits, Continued

They contain 6g of carbs in a 50-gram portion. One half cup of cranberries contain 6.5g of carbs.

Cranberries are best known for their ability to protect against urinary tract infections, due to their proanthocyanidin content. But they also contain at least 5 key categories of health-supportive phytonutrients and have antioxidant, anti-inflammatory, and anti-cancer properties.

#13 is PLUMS!

They contain 6g of carbs in a 50-gram portion. One medium plum contains 7.5g of carbs.

Plums have a high content of phenols — antioxidants that help prevent oxygen-based damage to fats. These include the fats that make up a substantial portion of our brain cells, the cholesterol in our bloodstream, and our cell membranes.

#14 is RASPBERRIES!

They contain 6g of carbs in a 50-gram portion. One-half cup of raspberries contains 7.5g of carbs.

Raspberries are a fiber powerhouse — there are 8g of fiber per cup. They're also one of the best sources of ellagic acid, an antioxidant that may inhibit tumor growth and the spread of cancer. They're rich in a group of flavonoids called anthocyanins that have unique antioxidant and antimicrobial properties.

#15 is CLEMENTINES!

They contain 6g of carbs in a 50-gram portion. One medium clementine contains 9g of carbs.

Clementines are rich in vitamin C, which helps support the immune system. They're also a good source of calcium, a necessity for bone health, and potassium, which can help lower blood pressure.

#16 is PINEAPPLE!

It contains 6g of carbs in a 50-gram portion. One-half cup of pineapple chunks contains 11g of carbs.

(Next)

25 Lowest Carb Fruits, Continued

Pineapples contain bromelain, a rich source of enzymes that aids digestion, speeds up wound healing, and reduces inflammation. They're also an excellent source of the trace mineral manganese, which is necessary for healthy skin, bone and cartilage formation, and glucose tolerance.

#17 is NECTARINES!

They contain 6g of carbs in a 50-gram portion. One medium nectarine contains 15g of carbs.

Nectarines are a good source of vitamin A, potassium, and beta-carotene. The peel is rich in bioflavonoids — antioxidants that may help prevent cancer. They're also a good source of fiber, which is necessary for good digestive health.

#18 is BLUEBERRIES!

They contain 7g of carbs in a 50-gram portion. One-half cup of blueberries contains 11g of carbs.

Blueberries are antioxidant powerhouses that help protect against heart disease and cancer. They're packed with anthocyanides, which prevent free radical damage to cells and tissues. Blueberries help protect the brain from oxidative stress and may reduce the effects of age-related conditions such as Alzheimer's and dementia. They also contain ellagic acid, which blocks metabolic pathways that can lead to cancer.

#19 is APPLES!

They contain 7g of carbs in a 50-gram portion. One medium apple with skin contains 25g of carbs.

Apples are loaded with phytochemicals that give them plenty of antioxidant power. They can decrease oxidation of cell membrane fats, a risk factor for atherosclerosis and other cardiovascular problems. Polyphenols found in apples influence digestion and absorption of carbs, which means they may help regulate blood sugar levels. Studies have shown that apples may protect against lung cancer.

#20 is PEAR!

It contains 7g of carbs in a 50-gram portion. One medium pear contains 27.5g of carbs.

(Next)

25 Lowest Carb Fruits, Continued

Pears are a good source of fiber, which has been shown to help lower cholesterol levels. They're also a great source of vitamin C and copper, both of which are antioxidants that help protect against free radical damage.

#21 is KIWI FRUIT!

It contains 8g of carbs in a 50-gram portion. One medium kiwi without skin contains 11g of carbs.

Kiwis contain twice the amount of vitamin C as oranges. They've been shown to protect DNA in the nucleus of cells from oxygen-related damage. Kiwis are a good source of fiber, which can help lower cholesterol and regulate blood sugar. They may also lower your risk for blood clots and reduce fats in your blood, therefore helping to protect cardiovascular health.

#22 is CHERRIES!

They contain 8g of carbs in a 50-gram portion. One-half cup of cherries contains 11g of carbs.

Cherries are loaded with anti-inflammatory, anti-aging, and anti-cancer properties. Cancer fighting compounds include quercetin and ellagic acid, which may inhibit tumor growth. Cherries have also been shown to lower levels of uric acid in the blood, the leading cause of gout pain.

#23 is TANGERINE!

It contains 8g of carbs in a 50-gram portion. One medium tangerine contains 12g of carbs.

Tangerines contain beta-cryptoxanthin, a carotenoid that may significantly lower the risk of lung cancer. The peel contains a compound called polymethoxylated flavones that has the potential to effectively lower cholesterol.

#24 is MANGO!

It contains 8g of carbs in a 50-gram portion. One-half cup sliced mango contains 14g of carbs.

Mangoes are a high volume food, so you get a lot of food for the amount of calories you

(Next)

25 Lowest Carb Fruits, Continued

consume. They're an excellent source of potassium, vitamin A, and beta-carotene, as well as a good source of vitamin C, vitamin K, and calcium.

#25 is PERSIMMON!

It contains 9g of carbs in a 50-gram portion. One medium persimmon contains 8.5g of carbs.

Persimmons are rich in vitamin A, beta-carotene, and iron. They contain compounds known as shibuol and betulinic acid, both of which have anti-cancer properties. The peel contains phytochemicals known as proanthocyanidins that may protect cells from oxidative stress due to aging.

The nutrition information in this slideshow is adapted from The George Mateljan Foundation's "World's Healthiest Foods" website (www.whfoods.com). 