



# FACTSHEET

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## FRUIT



### Raisins

	Carbs	Calories	Fibre
Per Serving	29.6g	88kcal	0.6g
Per 100g	69.3g	293kcal	2g



### Banana

	Carbs	Calories	Fibre
Per Serving	27g	105kcal	3.1g
Per 100g	23g	89kcal	2.6g



### Prunes

	Carbs	Calories	Fibre
Per Serving	10.1g	48kcal	1.7g
Per 100g	33.8g	160kcal	5.7g



### Watermelon

	Carbs	Calories	Fibre
Per Serving	7.1 g	33kcal	0.1g
Per 100g	7.1g	33kcal	0.1g



### Avocado

	Carbs	Calories	Fibre
Per Serving	1.7g	178kcal	3.1g
Per 100g	1.9g	198kcal	3.4g