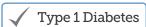




## Carbs & Cal Bestselling Book & Award-winning App for Diabetes & Weight Loss







Type 2 Diabetes

Weight Loss

5:2 Diet

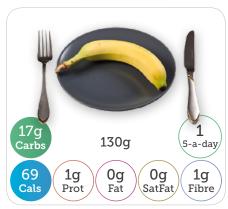
# **FRUIT**

Fruit is an important part of a balanced diet and provides vitamins, minerals and fibre, which is important for a healthy digestive system. It's also a source of carbohydrate and the amount of carbohydrate in different fruit can vary considerably. 80g of fruit counts as one portion towards your 5-a-day.

### **Apple**



#### Banana



Orange



Grapes (seedless)



Kiwi



Raspberries



#### **Strawberries**



**Dates** 



Cherries

