

Top
10

FRUITS

that contains highest sugar content

Rank	5 Ounces of Raw Fruit	Sugar/g	Calories
Top 10		14	70
Top 9		14	82
Top 8		14.7	73
Top 7		15	75
Top 6		15.3	93
Top 5		17.3	127
Top 4		18	90
Top 3		19.3	117
Top 2		21.2	100
Top 1		23	95