



23 Fruits Highest in Protein

WWW.NOEXCUSEFITNESS.COM

1. Guavas



Per fruit (55g) = 1.4g

2. Mulberries



Per cup (140g) = 2g

3. Blackberries



Per cup (144g) = 2g

4. Starfruit



Per cup, sliced (108g) = 1.1g

5. Apricots



Per apricot (35g) = 0.5g

6. Kumquats



Per fruit (19g) = 0.4g

7. Nectarines



Per fruit (142g) = 1.5g

8. Grapefruit (White)



Per 1/2 fruit (118g) = 1g

9. Cantaloupe Melon



Per wedge (102g) = 0.9g

10. Peaches



Per fruit (150g) = 1.4g

11. Raspberries



Per cup (123g) = 1.5g

12. Passion Fruit



Per cup (236g) = 5.2g

13. Currants (Red, White & Black)



Per cup (112g) = 1.6g

14. Strawberries



Per cup, sliced (166g) = 1.1g

15. Pomegranate



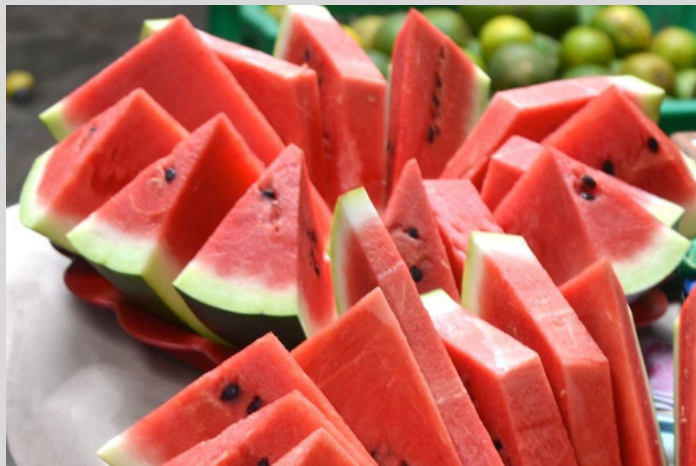
Per fruit (282g) = 4.7g

16. Oranges



Per fruit (121g) = 1.3g

17. Watermelon



Per wedge (286g) = 1.7g

18. Kiwi Fruit (Gold)



Per fruit (86g) = 1.1g

19. Jackfruit



Per cup, sliced (165g) = 2.8g

20. Cherries



Per cup (138g) = 1.5g

21. Honeydew Melon



Per wedge (160g) = 0.9g

22. Avocados



Per avocado (201g) = 4g

23. Bananas



Per banana (118g) = 1.3g



Enjoy!