



FRUITS FOR SUMMER WEIGHT LOSS



Avocado

Calorie Content : 322
(1 Avocado/201grams)



Honeydew Melon

Calorie Content : 61
(1 cup honeydew melon,
diced /170 grams)



Apples

Calorie Content : 95
(1 medium apple (182 grams))



Mangos

Calorie Content : 99
(1 cup mango,
pieces/165 grams)



Apricots

Calorie Content : 17
(1 apricot 35 grams)



Peaches

Calorie Content : 58
(1 medium peach/
150 grams)



Bananas

Calorie Content : 105
(1 medium banana 118 grams)



Plums

Calorie Content : 30
(1 plum/66 grams)



Blackberries

Calorie Content : 62
(1 cup blackberries 144 grams)



Raspberries

Calorie Content : 64
(1 cup raspberries/123 grams)



Blueberries

Calorie Content : 84
(1 cup per serving)



Watermelon

Calorie Content : 64
(1 water melon, 1 cup diced
pieces/152 grams)