


# Ann's Report And search

**Ann's report ~ sugar** 

Fruit	Sugar (g)
Tomato Juice	1.9
Tomato	1.9
Tomatoes, yell	2.4
Tomatoes, ora	2.6
Olives (black)	3
Olives (green)	3
Lemon	3
Cranberry Juice	4
Cranberries	4
Strawberry	5.1
Rhubarb	5.2
Pepper, green	5.7
Passion	5.8
Star Fruit	6
Pepper, red	6
Pepper, yellow	6.2
Melon, cantalou	6.3
Grapes (purple)	6.6
Grapefruit (y)	6.6
Grapefruit (re)	6.6
Grapefruit, (	6.6

27 June 2007 Page 1 of 4

This is a report of the fruit sorted in ascending order.

Microsoft Access

Fruit Facts2000 : Database (Access 2000 file format)

Fruit	Calories	Sugar (g)	Vit C	Colour Group
Tomato Juice	11	1.9	MED	R
Tomato	11	1.9	MED	R
Tomatoes, yellow	15	2.4	MED	OY
Tomatoes, orange	16	2.6	HIGH	OY
Olives (black)	142	3	LOW	BPB
Olives (green)	142	3	LOW	G
Lemon	12	3	HIGH	OY
Cranberry Juice	16	4	MED	R
Cranberries	16	4	MED	R
Strawberry	23	5.1	HIGH	R
Rhubarb	21	5.2	LOW	R
Pepper, green	27	5.7	HIGH	G
Passion	37	5.8	LOW	BPB
Star fruit	31	6	MED	OY
Pepper, red	26	6	HIGH	R
Pepper, yellow	29	6.2	HIGH	OY
Melon, cantaloupe	28	6.3	MED	OY
Grapes (purple)	30	6.6	HIGH	BPB
Grapefruit (yellow)	30	6.6	HIGH	OY
Grapefruit (red)	30	6.6	HIGH	R
Grapefruit, (white)	33	6.6	HIGH	OY
Lime	37	7	HIGH	G
Melon, honeydew	36	7	MED	G
Avocado	523	7	MED	G
Grapefruit, (pink)	32	7.5	HIGH	R
Peach	36	7.9	LOW	OY
Apricots	36	8	LOW	OY
Blackberries	40	8	HIGH	BPB
Papaya	32	8	HIGH	OY
Melon, (water)	36	8	LOW	R
Grapefruit Juice	39	8.5	HIGH	OY
Dragon fruit	38	8.6	MED	R
Kiwi	40	8.8	HIGH	G
Gooseberries	40	9	MED	G
Nectarines	44	9	LOW	OY
Mandarin	42	9.5	MED	OY
Plums	42	9.6	LOW	BPB
Oranges, Blood	47	10	HIGH	R
Orange	47	10.6	HIGH	OY
Cherries, (black)	50	11	LOW	BPB
Pear, Asian	42	11	LOW	G
Blueberries	48	11	LOW	BPB

Amount of sugar per 100g

This shows the fruit sorted in ascending order of sugar contents. I have filtered the data using the sort ascending filter tool.