

TESTING PLAN

Fruit Name	Calories	Sugar g	Vitamin C - High, Low, Med	Colour Group	Entered into Fruit Check database - Yes/no																																																																																																																			
Prickly Pear	40	10	Low	Green	<table border="1"> <tbody> <tr><td>Nectarines</td><td>44</td><td>9</td><td>LOW</td><td>OY</td></tr> <tr><td>Mandarin</td><td>42</td><td>9.5</td><td>MED</td><td>OY</td></tr> <tr><td>Plums</td><td>42</td><td>9.6</td><td>LOW</td><td>BPB</td></tr> <tr><td>Oranges, Blood</td><td>47</td><td>10</td><td>HIGH</td><td>R</td></tr> <tr><td>▶ Prickly Pear</td><td>40</td><td>10</td><td>Low</td><td>G</td></tr> <tr><td>Orange</td><td>47</td><td>10.6</td><td>HIGH</td><td>OY</td></tr> <tr><td>Pear, Asian</td><td>42</td><td>11</td><td>LOW</td><td>G</td></tr> <tr><td>Cherries, (black)</td><td>50</td><td>11</td><td>LOW</td><td>BPB</td></tr> <tr><td>Blueberries</td><td>48</td><td>11</td><td>LOW</td><td>BPB</td></tr> <tr><td>Raspberries</td><td>52</td><td>13.5</td><td>MED</td><td>R</td></tr> <tr><td>Tangerines</td><td>54</td><td>14</td><td>HIGH</td><td>OY</td></tr> <tr><td>Quince</td><td>56</td><td>14.2</td><td>MED</td><td>G</td></tr> <tr><td>Mango</td><td>60</td><td>15</td><td>HIGH</td><td>OY</td></tr> <tr><td>▶ Tangelo</td><td>40</td><td>15</td><td>Med</td><td>Oy</td></tr> <tr><td>Grapes (red)</td><td>64</td><td>15.5</td><td>LOW</td><td>R</td></tr> <tr><td>Kumquat</td><td>68</td><td>16</td><td>HIGH</td><td>BPB</td></tr> <tr><td>Grapes, (green)</td><td>69</td><td>16</td><td>LOW</td><td>G</td></tr> <tr><td>Currants, dried</td><td>283</td><td>23.5</td><td>LOW</td><td>BPB</td></tr> <tr><td>Raisins</td><td>292</td><td>24.6</td><td>LOW</td><td>BPB</td></tr> <tr><td>Tomatoes, sun-dried</td><td>250</td><td>25</td><td>LOW</td><td>R</td></tr> <tr><td>Cranberries, dried</td><td>306</td><td>26</td><td>LOW</td><td>R</td></tr> <tr><td>▶ Cherimoya</td><td>250</td><td>66</td><td>Med</td><td>G</td></tr> <tr><td>Dates</td><td>300</td><td>73</td><td>LOW</td><td>BPB</td></tr> </tbody> </table>	Nectarines	44	9	LOW	OY	Mandarin	42	9.5	MED	OY	Plums	42	9.6	LOW	BPB	Oranges, Blood	47	10	HIGH	R	▶ Prickly Pear	40	10	Low	G	Orange	47	10.6	HIGH	OY	Pear, Asian	42	11	LOW	G	Cherries, (black)	50	11	LOW	BPB	Blueberries	48	11	LOW	BPB	Raspberries	52	13.5	MED	R	Tangerines	54	14	HIGH	OY	Quince	56	14.2	MED	G	Mango	60	15	HIGH	OY	▶ Tangelo	40	15	Med	Oy	Grapes (red)	64	15.5	LOW	R	Kumquat	68	16	HIGH	BPB	Grapes, (green)	69	16	LOW	G	Currants, dried	283	23.5	LOW	BPB	Raisins	292	24.6	LOW	BPB	Tomatoes, sun-dried	250	25	LOW	R	Cranberries, dried	306	26	LOW	R	▶ Cherimoya	250	66	Med	G	Dates	300	73	LOW	BPB
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