

DO IT FOR
YOURSELF!

CLASSIC ALLOWED FRUITS

Each day on the Tony Ferguson Classic plan you can have 2 serves of controlled carb fruits from the list below.

You can have these at any time of day, but we recommend having your fruit between meals as a snack or after dinner for dessert.

FRUIT	QUANTITY PER SINGLE SERVE
Apple (fresh)	1 medium
Apple (dried)	6 rings (30g)
Apricot (fresh)	2 medium
Apricot (dried)	10 halves
Banana (small, not too ripe)	1 small
Blackberries	25
Blueberries	25 + half of another fruit serve
Cherries	20 small to medium
Figs	4 small (fresh) or 2 small (dried)
Fruit Cocktail	Small, size equivalent to one fruit serve
Granadilla	2 large + half of another fruit serve
Grapefruit	1 medium
Grapes	20 small – medium
Kiwi Fruit	1 large or 2 small
Litchis	8 medium
Mandarin	2 medium
Mango	1 very small or half medium
Melon (watermelon, rockmelon, honeydew)	1 cup, diced
Nectarine	1 large or 2 small
Orange	1 medium
Paw Paw/Papaya	1 cup, diced
Peach (fresh)	1 large or 2 small
Peach (dried)	2 pieces (30g)
Pear (fresh)	1 small to medium
Pear (dried)	2 pieces (30g)
Pineapple (fresh)	1 cup, diced
Plums	2 medium
Raspberries	25 + half of another fruit serve
Strawberries	20 medium to large
Sultanas	30 – 40g

Tony Ferguson 

Contact us for help:
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Consult your doctor or healthcare professional before embarking on any weightloss journey.