

SAFE FRUITS

Make Sure to Always Wash Thoroughly - Organic is Preferable

ACAI BERRY

APPLE *(Remove Seeds)*

APRICOT *(Remove Pit)*

BANANA

BLACKBERRY

BLUEBERRY

BOYSENBERRY

ELDERBERRY

BLACKCURRANT

BLOOD ORANGE

CANTALOUPE MELON *(Seeds are Safe)*

CARAMBOLA *(Star Fruit)*

CHERRY *(Remove Pit)*

COCONUT *(Raw Meat)*

CRANBERRY

DATES

DRAGON FRUIT

FIGS *(Raw)*

GOOSEBERRIES

GRAPE

GRAPEFRUIT

GUAVA

HAWTHORN BERRIES *(Remove Seeds)*

HONEYDEW MELON

JACKFRUIT

KIWI *(Peeled)*

LYCHEE

MANDARIN *(Peeled)*

MANGO *(Remove Pit)*

MELON *(Seeds are Safe)*

MULBERRY

NECTARINE *(Remove Pit)*

ORANGE *(Peeled—Acidic, feed infrequently)*

PALM FRUIT

PAPAYA *(Seeds are Safe)*

PASSION FRUIT *(Only Inside Seeds)*

PEACH *(Remove Pit)*

PEAR *(Remove Seeds)*

PERSIMMON

POMELO

PINEAPPLE *(Peeled—Acidic, feed infrequently)*

PLUM *(Remove Pit)*

POMEGRANATE *(Remove Outside Skin)*

QUINCE

RASPBERRY

RED CURRANTS

STRAWBERRY

TANGERINE

WATER-MELON

YELLOW PLUM

(Remove Pit)

