

Food sorbitol content

	Sorbitol content in gram / 100g product
Sweets / candies for diabetics	35 - 95
Pear, dried	10
Jams / marmalades for diabetics with sorbitol	8 - 10
Plums, dried	8
Rose hip	8
Peaches, dried	5
Blueberry jam	5
Apricot, dried	5
Apple, dried	3
Pear, fresh	2
Pear juice	2
Dried fruit mix	2
Plums, fresh	2
Cherries, fresh	2
Dates	2
Plum juice	1 - 6
Peach, fresh	1
Raisin, sultanas	1
Apricot, fresh	1
Apple, fresh	0.5
Beer	0 – 0.5