

Fruit Choices

Fruit is sugar with fiber, some choices are better than others. Stick to 1 or 2 servings per day and choose from low and moderate glycemic fruits to better manage weight loss, blood sugar, and diabetes.

Low Glycemic Fruit:	Moderate Glycemic Fruits	High Glycemic Fruits
Blackberries (3/4 cup)	Apples (1 small)	Bananas
Blueberries (1/2 cup)	Apricots (2 medium)	Grapes
Raspberries (1 cup)	Cherries (12 pieces)	Mango
Strawberries (1 1/4 cup)	Grapefruit (1/2 medium)	Papaya
	Kiwi (1 medium)	Pineapple
	Melons (1 cup)	Watermelon
	Nectarines (1 medium)	
	Oranges (1 small)	
	Peaches (1 small)	
	Pear (1 small)	
	Persimmons (2 medium)	
	Plums (2 medium)	
	Pomegranate seeds (1/2 cup)	
	Tangerines (1 medium)	