

Diabetes Safe Fruits

How can fruit affect blood sugar, and are there certain types of fruit that are better for people with diabetes?

Low Sugar Fruit

For those with diabetes, the healthiest fruits are the ones that contain the least sugar. Fruits that are lower in sugar include:



plum



grapefruit



apple



blackberry



apricot



raspberry



peach



strawberry



kiwi



blueberry

Fruits to Avoid or Limit

No fruit should be considered “bad” for people with diabetes, but some fruits have a higher sugar content than others and may affect your glucose levels more. While berries tend to have less sugar, other fruits have more sugar:



pineapple



grapes



orange



watermelon



ripe
banana



mango



dried fruit



fruit juice

How much fruit should someone with diabetes eat?

The US Dietary Guidelines recommend that all adults eat about two cups of fruit per day, where one piece of fruit is about the size of a one-cup serving.

TIP: Pairing fruit with foods that also have protein and fat (like eating an apple with peanut butter or eating berries with plain yogurt) can help prevent a blood sugar spike.



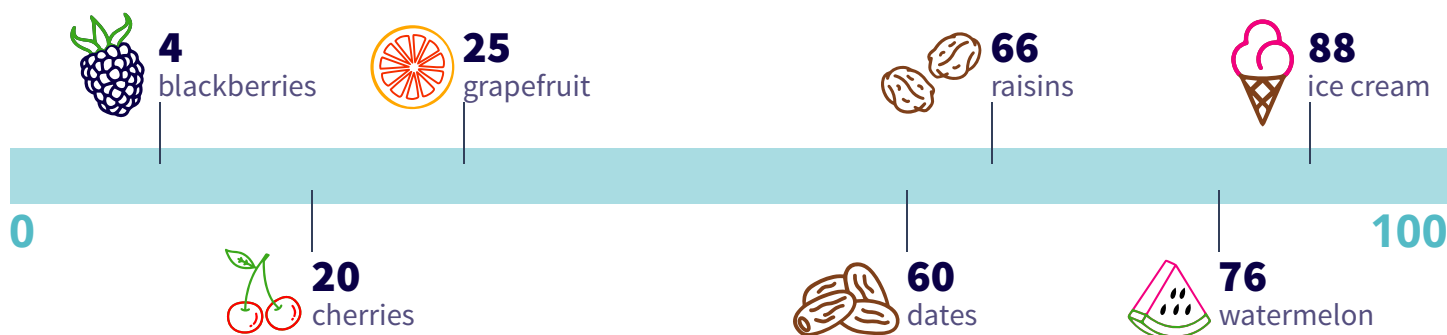
How does fruit affect blood sugar?

The main sugar in fruit, called fructose, is quickly taken up by the liver, converted to glucose, and released into the bloodstream. So, fruit can cause glucose levels to rise. However, fruits also contain fiber, a nutrient that can slow carbohydrate digestion and help manage blood sugar levels. Different fruits contain varied amounts of fructose, glucose, and fiber, so the type of fruit will determine how it affects your blood sugar.

The type of sugar found in fruit is different from the simple sugar that is added to processed foods, like soda or ice cream. Because the carbohydrates in fruit are accompanied by fiber, vitamins, and minerals, eating fruit in moderation will generally affect blood sugar levels differently – and more slowly – than eating candy.

Fruit intake and the Glycemic Index

A glycemic index ranks foods on a scale from 0 to 100 according to how much the food raises blood sugar levels. A high glycemic index (greater than 55) means a food spikes blood sugar more rapidly than a food with a low glycemic index.



Note: While the glycemic index can be helpful for planning meals with diabetes, it's important to know that it's not a perfect indicator of exactly how much a food will affect your blood sugar levels. For example, a fruit that is very ripe will raise your blood sugar more than the same fruit that is not ripe (since fruits develop more sugar as they ripen.)



3 Healthy Strategies for Eating Fruit with Diabetes

1

Portion size is key! Set out the amount of fruit that you want to eat, and then stick to that portion – this will help you avoid eating too much fruit and experiencing a blood sugar spike. It's also helpful to spread multiple servings of fruit out over the course of the day, rather than eating a lot of fruit at once.

2

Choose fresh fruit whenever possible. Canned fruit, dried fruit, and sometimes frozen fruit often have added sugars (and other chemicals). Processed fruit (like applesauce) also generally contains added sugar.

3

Try to avoid fruit juice. Fruit juice contains all of the sugar of fruit without the fiber to help your body process it. This means that juice can cause your blood sugar to spike quickly. If you are drinking fruit juice, drink a very small portion (half a cup) and consider adding water to it; make sure you get “100% fruit juice” so that no extra sugars are added to sweeten the drink.

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