

Glycemic Index of Fruit!



Many people with diabetes avoid fruit, afraid that the sweetness of fruits will increase the blood sugar. Fruits are full of vitamins, minerals and antioxidants all important for good health.

Fruits have varying values on the Glycemic Index (GI) which rates how quickly or slowly the sugar is released into the blood stream.

Many fruits are low on the glycemic index.

The key is still the total amount of the fruit.

Low GI (55 or less)	Medium GI (56-69)	High GI (70 or more)
Apple	Apricots	Cantaloupe
Blueberries, wild	Banana	Watermelon
Cherries, sour	Cherries	
Grapefruit	Grapes, black	
Grapes	Kiwi	
Mango	Papaya	
Nectarine	Pineapple	
Oranges		
Peach		
Pear		
Plum		
Strawberries		

Data adapted from www.glycemicindex.com

Many Canadian Fruits (raspberries, red or black currants, and gooseberries) do not have glycemic index values