

Seasonal Fruit



Summer brings a wide variety of fresh fruits to stores and farmers markets. 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.

The key to controlling the blood sugars is the size of fruit and the total amount eaten.

Here is a list of some typical fruits and the portion size to give 15 grams of carbohydrate or 1 carbohydrate serving.

Apple	1 (140 g)
Apricot	4 (140 g)
Blackberries	2 cups
Blueberries	1 cup
Cantaloupe	1 cup (160 g)
Cherries	15 (100 g)
Currants	1 cup
Elderberries	1 cup
Gooseberries	2 cups
Grapes (concord)	1 cup (92g)
Grapes red/green	1/2 cup (80g)
Honeydew	1 cup (170g)
Mango	1/3 cup (104g)
Peach	1 (170 g)
Pear	1 (165 g)
Plum (purple)	2 (132 g)
Quince	1 (100 g)
Raspberries	2 cups
Strawberries	2 cups
Watermelon	1 1/2 cups