

FRUITS FOR DIABETICS



- > DIGESTIVE SYSTEM TURNS **CARBOHYDRATES** INTO SUGARS EASILY AND QUICKLY;
- > **CARBOHYDRATES** CONTAIN **STARCH, SUGARS AND DIETARY FIBER**; WHILE THE FIBER IS GOOD, THE STARCH AND SUGARS INFLUENCE THE BLOOD SUGAR LEVELS THE MOST;
- > THE MORE **CARBS** YOU EAT, THE HIGHER THE BLOOD SUGAR, THE MORE INSULIN IS NEEDED TO MOVE THE SUGAR INTO YOUR CELLS;



A NUMBER THAT IS ASSIGNED TO VARIOUS FRUITS, DETERMINING IS EFFECT ON THE BLOOD SUGAR LEVELS. **HIGHER** THE NUMBER, GREATER THE RISK OF SUGAR LEVELS INCREASING.

GI NUMBER **55** AND **BELOW** IS CONSIDERED **LOW**

GI NUMBER **56 - 69** IS CONSIDERED **MEDIUM**

GI NUMBER **70** AND **ABOVE** IS CONSIDERED **HIGH**

FRUITS YOU CAN CONSUME:

1. **BERRIES**, especially Blackberries - 1/2 cup of Blackberries have 9 grams of available carbs. GI of this fruit is 32 to 40.
2. **KIWI FRUIT** - 1 small fruit of has 8 grams of available carbs. GI for this fruit is about 53
3. **STRAWBERRIES** - 1/2 cup of strawberries have 6 grams of available carbs. GI for this fruit is 40
4. **CHERRIES** - 1/2 cup with Pits have about 9.7 grams of available carbs. GI is 22
5. **APPLES** - 1/2 cup chopped apples have 7 grams of available carbs. GI for this fruit is 38
6. **PLUMS** - 1 Plum can give you about 6.7 grams of available carbs. GI for this fruit is 39
7. **APRICOTS** - 1 medium dried apricot would give you about 4 grams of available carbs. GI for a dried apricot is 31.

FRUITS YOU COULD AVOID:

1. **PINEAPPLE** - Though high in minerals, Pineapple's GI is 66 and has a higher risk of increasing blood sugar
2. **BANANAS** - High in dietary fiber, high in Sugar content too. One must be cautious on the intake of this fruit.
3. **WATERMELONS** - Some doctors say it is good, while some say it is not. High in amino acid that helps in insulin resistance, yet high in natural sugars too. In case you wish to consume this fruit, eat a small portion, stay active all the time and check sugar levels after 2 hours for any increase.