



## Diabetes and Fruit

It is a common myth that if you have diabetes you shouldn't eat certain foods because they are "too sweet." Some fruits do contain more sugar than others, but that doesn't mean you shouldn't eat them if you have diabetes. The total amount of carbohydrates affects blood sugar levels more than does the source of carbohydrates or whether the source is a starch or sugar.

"One serving of fruit should contain **15 grams of carbohydrates**. The size of the serving depends on the carbohydrate content of the fruit. The advantage of eating a low-carbohydrate fruit is that you can consume a larger portion. But whether you eat a low-carb or high-carb fruit, as long as the serving size contains 15 grams of carbohydrates, the effect on your blood sugar is the same." Maria Collazo-Clavell, MD

The following fruit servings contain about 15 grams of carbohydrates:

1/2 medium banana

1/2 cup (83 grams) cubed mango

1 1/4 cup (190 grams) cubed watermelon

1 1/4 cup (180 grams) whole strawberries

1/3 cup (80 grams) sapodilla (chikoo)

3/4 cup (124 grams) cubed pineapple

One serving (exchange) of fruit contains about 15 grams of carbohydrate, no protein or fat, and 60 calories.

Fruits in the amounts listed below equal one exchange. Unless otherwise specified, weights listed include skin, core, seeds and rind.

### Fresh fruit

Type Food	Serving size
Apple, small (2 inches across)	1 (4 ounces)
Apricots	4 (5 1/2 ounces)
Banana, extra-small	1 (4 ounces)
Blackberries, blueberries	3/4 cup
Cantaloupe, honeydew, papaya, cubed	1 cup (11 ounces)
Cherries	12 (3 ounces)
Dates	3

Grapefruit, large	1/2 (11 ounces)
Grapes, small	17 (3 ounces)
Kiwi	1 (3 1/2 ounces)
Mango, cubed	1/2 cup
Nectarine, small	1 (5 ounces)
Orange, small	1 (6 1/2 ounces)
Peach, medium	1 (6 ounces)
Pear, large	1/2 (4 ounces)
Pineapple, cubed	3/4 cup
Plums, small	2 (5 ounces)
Raspberries	1 cup
Strawberries	1 1/4 cup
Tangerines, small	2 (8 ounces)
Watermelon, cubed	1 1/4 cup (13 1/2 ounces)
Dried fruit	
Apples 4 rings	

Remember these guidelines for including fruit in your diabetes diet:

Eat whole fruit when you can. It has more fiber and is more filling than fruit juice.