

FOOD GROUP: FRUITS

Fresh, frozen, canned and dried fruit are healthy choices. When choosing *canned* fruit look for *packed in juice or light syrup* rather than heavy syrup. Read labels on canned fruit to help you decide on portion size close to 15 grams carbohydrate. Choose fruit instead of fruit juice because it contains fibre, takes longer to digest and raises blood glucose more slowly.

CHOOSE MORE OFTEN:

Food Item	Serving Size	Avail CHO (g)	Pro (g)	Fat (g)	GI
Apple	1 small (106g) medium (138g)	12 16	Tr	Tr	34
Applesauce, unsw.	½ cup (122g)	12	Tr	Tr	N/a
Apple Butter	2 Tbsp (34g)	14	Tr	Tr	N/a
Apricot	4 (140g)	13	1	Tr	57
Avocado	see Fats	-----	----- -	-----	-----
Banana	1 small (101g) ½ large (70g)	20 15	1	Tr	46
Berries: blackberry, boysenberry cranberry raspberry strawberry gooseberry	2 cups whole	12 17 17 13 16 18	2 av	1 av	N/a
Other berries: elderberry, mulberry, blueberry, currants, partridge berry, cloudberry, bakeapple, Saskatoon berry	1 cup	11 to 17	1 av	Tr	N/a
Breadfruit	¼ cup (55g)	15	1	Tr	N/a
Cherries	15 (102g) ¾ cup pitted (109g) 1 cup with pits (117g)	14 15 16	1	Tr	22

Dates	2 med (20g)	12	1	Tr	60
Durian	¼ cup (60g)	14	1	3	N/a
Feijoa	4 fruit (200g)	13	2	1	N/a
	¾ cup puree (185g)	12			
Figs- fresh 1.5" dia	2 small (80g)	13	1	Tr	N/a
Grapefruit, all colours	1 small (240g)	22	1	Tr	25
	1 cup (230g)	21			
Grapes, slip skin concord	1 cup (92g)	15	1	Tr	N/a
Grapes, red/green	½ cup or 15 (80g)	14 (0.9/grape)	1	Tr	43
Guava	3 fruit (165g)	15	4	2	N/a
Jackfruit	½ cup (83g)	19	1	Tr	N/a
Kiwi	2 medium (150g)	18	2	1	47/58
Kumquat	8 fruit (150g)	14	3	1	N/a
Longan	30 fruit (100g)	14	1	Tr	N/a
Loquat	1 cup (150g)	16	1	Tr	N/a
	7 large (140g)	15			
Lemon, whole	2 medium (215g)	15	3	1	N/a
Lime, whole	3 (200g)	16	1	Tr	
Mango	½ medium (104g)	16	1	Tr	51
	½ cup (83g)	13	Tr	Tr	
Melons:					
cantaloupe	1 cup (160g)	12	1	Tr	65
casaba	1 cup (170g)	10	2	Tr	N/a
honeydew	1 cup (170g)	14	1	Tr	N/a
watermelon	1 cup (152g)	11	1	Tr	80
Nectarine	1 large or 1 cup (138g)	12	1	Tr	N/a
Orange	1 medium (131g)	12	1	Tr	40
	1 cup sections (180g)	16	2	Tr	
Other citrus:					
Clementine	2 medium (148g)	15	2	0	N/a
Tangerine	2 medium (168g)	19	1	1	N/a
Ugli fruit	1.5 medium	15	2	1	N/a
Papaya	1 small or 1 cup cubed	13	1	Tr	60

	(150g)				
Peach	1 large or 1 cup (170g)	13,	2	Tr	28
Pear	1 medium or 1 cup (165g)	20	1	Tr	41
Pear, Asian	2 small (244g)	17	1	1	N/a
Prickly Pears	2 fruit or 1.5 cup (225g)	13	2	1	N/a
Persimmon (Kaki; Sharon fruit)	1 medium	15	0	0	N/a
Pineapple-fresh	2 slices, ¾ cup (120g)	13	1	1	66
Plantain	see Grains & Starches	-----	-----	-----	-----
Plum	2 medium (132g)	13	1	Tr	24
Pummelo (shaddock)	1 cup (190g)	16	2	Tr	N/a
Quince	1 or 100 g	13	Tr	Tr	N/a
Soursop	½ cup (112g)	15	1	Tr	N/a
Star fruit (Carambola)	3 medium or 3 cups sliced (324g)	13	3	1	N/a
Rambutan, canned	9 fruit (80g) or ½ cup drained (75g)	16	1	Tr	N/a
Rhubarb - fresh	see Extras	-----	-----	-----	N/a
Ugli fruit	1½ medium	15	2	1	N/a

CANNED FRUIT (light syrup unless noted):					
Apricots	½ cup (125g)	13	1	Tr	65
Cherries	½ cup (125g)	20			N/a
Fruit cocktail	½ cup (125g)	16			56
Mangosteen, syrup pack	½ cup, drained (98g)	16	Tr	Tr	N/a
Mandarin oranges, juice pack light syrup	¾ cup (190g)	17 20	1 1	Tr Tr	N/a N/a
Peaches	½ cup (125g)	17	1	Tr	53
Pears	½ cup (125g)	17	Tr	Tr	45
Pineapple, juice pack rings	½ cup (125g) 2 slices	19 14	Tr Tr	Tr Tr	N/a N/a

CHOOSE LESS OFTEN:

Food Item	Serving Size	Available CHO (g)	Protein (g)	Fat (g)	GI
JUICE, unsweetened					
Apple	½ cup (125g)	14	Tr	Tr	42
Citrus blend	½ cup (125g)	13	1	Tr	N/a
Cranberry	½ cup (125g)	15	Tr	Tr	52
Grape	1/3 cup (83g)	13	Tr	Tr	52
Grapefruit	½ cup (125g)	11	1	Tr	48
Lemon	¾ cup (183g)	16	1	Tr	N/a
Lime	¾ cup (185g)	15	1	Tr	N/a
Orange	½ cup (125g)	13	1	Tr	46
Papaya nectar	½ cup (125g)	17	Tr	Tr	N/a
Pineapple	½ cup (125g)	16	Tr	Tr	46
Prune	1/3 cup (83g)	14	1	Tr	N/a
Tomato	1 cup (240 g)	9	2	Tr	N/a
Tomato and Clam juice	1/2 cup (120 g)	13	1	Tr	N/a
Vegetable cocktail	1 cup (240 g)	9	2	Tr	N/a
DRIED FRUIT					
Apple	4 rings (26g)	15	Tr	Tr	29
Apricot	8 halves (28g)	16	1	Tr	32
Banana chips	1oz / 28g	14	1	10	N/a
Cranberries, sweetened	3 tbsp (23g)	17	Tr	Tr	N/a
Dates	20g	11	Tr	Tr	103

Figs, dried and tenderized	30g	16	1	Tr	61
Raisins	2 tbsp (18g)	14	1	Tr	64
OTHER					
Coconut: raw	3 cup	16	8	85	N/a
sweetened	½ cup	17 to 21	1	15	N/a
unsweetened	2 cups	14	13	124	N/a