



## 18 Best Fruits for Diabetics

These fruits are the best for the people with diabetes and prediabetes conditions because they are low in fat, calories and sodium, but they are rich in Folate, Vitamin C, Potassium, and Dietary fibre. Potassium maintains healthy blood pressure. Vitamin C helps for tissue growth and repair, wound healing, healthy teeth and gums. Folate (B vitamins known as B9) helps to produce red blood cells. These fruits can provide a lot of benefits for healthy life if you eat whole fruits instead of juice.

- \* They help to digest food, and maintain healthy bowel movements.
- \* They lower blood cholesterol and risk of heart disease.
- \* They have a lot of antioxidants which can fight free radicals, inflammation in the body, and chronic diseases like type 2 diabetes, cardiovascular disease.
- \* People with diabetes should eat fruits with a glycemic index (GI) of 55 or less.

### 1. Orange

Oranges are the best fruits for diabetics, because

- \*\*They are rich in Vitamin C, fibre, folate & potassium.
- \*\*One medium orange has vitamin C of 63 mg.
- \*\*Glycemic Index is 43 (Low GI).
- \*\*Potassium and folate control blood pressure.
- \*\*Don't increase blood sugar levels.
- \*\*Oranges are called superfoods for diabetics.
- \*\*They have flavonols, flavanones & phenolic acid, which show protective ability against diabetics.
- \*\*They are citrus fruit. Other citrus fruits are Grapefruit, Lemon, and Lime.

### 2. Grapefruits

- \*\*A medium sized grapefruit contains 9 grams of sugar.
- \*\*Glycemic Index is 25 (Low GI).
- \*\*Citrus fruits contain soluble fibre.
- \*\*Citrus fruits slow glucose absorption, and inhibit the movement of glucose through the intestines and liver.

### Berries, All Types

- \*\*Strawberries, Raspberries, Blueberries, Blackberries
- \*\* They are low in carbohydrate and good for diabetics.
- \*\*They are rich in antioxidants, nutrients, vitamin C & fibre.
- \*\*Nutrients lower glucose absorption.

\*\*Vitamin C & fibre provide anti-inflammatory effects.

### **3. Raspberries**

\*\*Glycemic Index is 32 (Low GI)

\*\*They are very low in sugar but high in fibre.

\*\*One cup of raspberries has only 5 grams of sugar.

\*\*Doesn't increase glucose levels.

### **4. Blueberries**

\*\*Glycemic Index is 53 (Low GI)

\*\*They have anthocyanins, a kind of flavonoid, which lower the danger of diabetes.

\*\*One cup of fresh blueberries has 21 grams (g) of carbohydrates (Ref. USDA).

### **5. Strawberries**

\*\*Glycemic Index is 41 (Low GI)

\*\*They slowly release glucose in bloodstream.

\*\*They can improve immunity.

\*\*They have cancer fighting ability.

\*\*They increase metabolism, which successively helps you reduce diabetes.

### **6. Blackberries**

\*\*Glycemic Index is 25 (Low GI).

\*\*They are low in sugar.

\*\*One cup of blackberries has only 7 grams of sugar.

\*\*They are very high in antioxidants and fibres.

### **7. Jamun/ Indian Blackberry**

\*\*Glycemic Index is 25 (Low GI).

\*\*They contain 82% water & 14.5% carbohydrates.

\*\*They are low in sucrose.

\*\*They have jambosine and jamboline, which can slow down the process of converting starch into sugar.

\*\*This process reduces sudden spikes in blood sugar levels.

\*\*Jamun has shown improvement in the secretion of insulin.

### **8. Kiwi**

\*\*They are rich in vitamin C & fibre.

\*\*They have very low amount of sugar.

\*\*One fruit has just 6 grams of sugar.

\*\*They control sugar level.

\*\*They have low glycemic index (GI) of 49.

\*\*They slowly release glucose in the bloodstream.

\*\*One kiwi has about 48 calories and 11 g of carbohydrates.

\*\*Eating fruit for breakfast significantly lowers sugar uptake in the blood. The primary reason for this is that kiwis contain a high-fibre content that has a water-holding capacity.

\*\*When we consume them, the fruit absorbs water and thickens into a gel, which then slows down the process of sugar conversion.

## **9. Avocado**

- \*\*Low in sugar & total carbohydrate.
- \*\*One fruit has just 1 gram of sugar.
- \*\*Rich in fiber & monounsaturated fats.
- \*\*Glycemic Index is 40 (Low GI).
- \*\*Very healthy for diabetics.
- \*\*Lower the level of bad cholesterol in blood.
- \*\*Protect the heart.

## **10. Peaches**

- \*\*Very sweet in taste but not a sugary fruit.
- \*\*A medium sized peach has 13 grams of sugar, 59 calories and 14 g of carbohydrates (Ref. USDA), 10 milligrams (mg) of vitamin C & 285 mg of potassium.
- \*\*Glycemic Index is 42 (Low GI)
- \*\*Excellent fruit for diabetes diet.
- \*\*High in potassium, fibre, Vitamin A & Vitamin C.
- \*\*They have bioactive compounds, which fight obesity-related and cardiovascular problems in diabetics.

## **11. Plum**

- \*\*With only 7 grams of sugar per fruit.
- \*\*Glycemic index is 40 & great for diabetics.
- \*\*It is rich in nutrients and soluble fibre.
- \*\*Decreases insulin resistance.
- \*\*It reduces the risk of blood sugar spikes by taking a long time to break down the sugar in the body.

## **12. Apple**

- \*\*Glycemic Index of apple is 32 (Low GI)
- \*\*One fruit has only 19 grams of sugar.
- \*\*It helps reduce the danger of type 2 diabetes.
- \*\*It is rich in vitamin C, soluble fibre, various nutrients and antioxidant.
- \*\*A medium-size apple has 95 calories and 25 g of carbs (Ref USDA).
- \*\*Medium size fruit has 4 gram of fiber & 8.37 mg of vitamin C.
- \*\*Fibre content in the fruit stabilises glucose levels.
- \*\*Apples skins provide much of the fiber and heart-protective antioxidants.

## **13. Grape**

- \*\*Glycemic Index of grapes is 53 (Low GI).
- \*\*Have carbohydrates & sugar.
- \*\*Rich in fibre, vitamin B-6 and other essential minerals.
- \*\*Resveratrol in red grapes helps lower blood pressure.
- \*\*Red grapes have carotenoids, vitamin C and vitamin E that lower cholesterol and protect heart.
- \*\*Grapes help reduce the danger of type 2 diabetes

\*\*Good for digestion, boost one's moods and support efficient brain function.

## **14. Pomegranate**

\*\*Glycemic Index is 53 (Low GI).

\*\*They have powerful phytochemical compounds.

\*\*It may protect you from free-radicals and chronic diseases.

\*\*They contain the richest combinations of antioxidants of all fruits.

## **15. Pears**

\*\*Pears are healthy diabetes diet.

\*\*Glycemic Index is 38 (Low GI).

\*\*It contains calcium, minerals, iron, potassium & magnesium.

\*\*Rich in vitamin C, E, K, folate, lutein, beta-carotene, retinol and choline.

\*\*One medium size pear has nearly 5.5 g of fiber (Ref. USDA).

\*\*High-fibre content in skin of pears reduces the risk of cholesterol and obesity.

## **16. Guava**

\*\*Glycemic Index is 12 (Low GI).

\*\*It is extremely rich in dietary fiber.

\*\*Dietary fiber helps ease constipation.

\*\*It can lower the risk of developing type 2 diabetes.

## **17. Cherries**

\*\*Glycemic index of cherries is 20 (Low GI).

\*\*One cup of tart cherries has 12.6 g of carbs (Ref. USDA).

\*\*They have anthocyanins, which pump the cells insulin production by 50%.

\*\*Anthocyanins could be used for diabetes treatments in future.

\*\*Tart cherries may improve sugar levels and diabetes management.

\*\*Good against inflammation.

\*\*Their antioxidants fight heart disease, cancer, and other diseases.

## **18. Apricot**

\*\*Glycemic index is 34 (Low GI).

\*\*They are a good source of fiber.

\*\*One apricot has just 17 calories and 4 g of carbohydrates (Ref. USDA).

\*\*Four small fresh fruits provide 134 micrograms (mcg) of vitamin A.

\*\*Vitamin A is important for vision and immune system (Ref. NIH).