



7 worst fruits for diabetics

Which Fruits diabetics should avoid or eat

People with diabetes should eat fruits with a glycemic index (GI) of 55 or less, because they don't increase blood sugar too quickly. A glycemic index of 56 and above is considered high, because these fruits increase blood glucose level. Therefore, the diabetics and the people with prediabetes condition should avoid types of fruits with higher GI levels.

1. Mango

- **Glycemic Index of mango is 56.
- **One mango contains about 36 grams of sugar.
- **About 60 grams of carbohydrate in a mango.
- **Can quickly spike blood sugar levels in diabetics.

2. Banana, Overly Ripe Bananas

- **Glycemic Index of Banana is 58/59/62.
- **Rich in carbohydrate and sugar.
- **A single banana contains about 27 grams of sugar.
- **Increase blood sugar levels and body weight.
- **Can increase the risk for type-II diabetes.
- **Rich in micronutrients, vitamins and fibre.
- **Unripe and ripe bananas contain less starch and low GI than overripe ones.

3. Watermelons

- Glycemic Index of watermelon is 76 ± 4 .
- **It increases sugar level quickly.
- **Very hydrating
- **One cup of watermelon contains only 10 grams of sugar.
- **It has a lot of iron, potassium and lycopene
- **This prevents kidney damage especially if you're diabetic.
- **Diabetes can cause nerve damage but lycopene found in watermelon really helps reduce the effect.
- **Lycopene lowers the chances of cancer and heart disease.
- **Eat a limited portions as a part of a healthy and balanced diet.

4. Papaya

- **Glycemic Index of papaya is 60.
- **Papaya is rich in antioxidants and fibre and prevents cell damage in the body.
- **It is a low-calorie fruit and good for weight loss.

**It is loaded with vitamin B, folate, and minerals, such as potassium, magnesium, and fibre.

5. Pineapple

**Glycemic Index of Pineapple is 56/62.

**They are high in sugar and carbohydrates.

**One pineapple has about 46 grams of sugar.

** It has 96 grams of carbohydrate.

**It may cause a spike in your blood sugar levels.

**It has high anti-viral and anti-inflammatory properties.

**Eat a limited portions as a part of a healthy and balanced diet.

6. Jackfruit

**It has a glycemic index (GI) of about 50–60.

**It has a large amount of natural sugar.

**One cup (150 grams) of jackfruit pieces has carbs of 35 grams.

**It affects your blood sugar levels.

**It is rich in nutrients and contains carbohydrates, proteins, vitamins C, vitamin B6, minerals and antioxidants.

**It lowers high blood pressure, and cures stomach ulcers & constipation,

**It increases immunity and prevents chronic inflammation that leads to type 2 diabetes and heart disease.

**Eat a limited portions as a part of a healthy and balanced diet.

7. Lychee

**Glycemic Index of lychee is 50.

**It is a juicy and pulpy fruit which contains about 16 grams of sugar.

**It can spike your blood sugar level.

**People with diabetes should avoid or eat lychee moderately.

Tips for Canned Fruit, Dried Fruits and Juices

**Avoid canned fruit, because it contains heavy or light syrup and added sugar.

**Avoid dried fruits, because drying fruit concentrates all of fruit flavor and sugar into one smaller bite. Besides this, they have added sugars and are sweetened. If you eat them, keep the quantities small.

**Avoid fruit juices, if they have added extra sugars.