

Which fruits should I choose?

As a person with diabetes, you will always hear that you should eat healthy and avoid consuming too much sugar. But did you know that fruits, even though they are healthy, can have a lot of sugar? Follow this guide to learn which fruits have less sugar and which have more.

g = grams of sugar per serving



Lemons and Limes: 1.2g each fruit



Kiwi: 6g each fruit



Grapefruit: 8g for half the fruit



Blueberries: 15g per cup



Raspberries: 5g per cup



Strawberries and Blackberries: 7g per cup



Grapes: 15g per cup



Pineapple: 16g per slice



Apple: 19g per fruit



Mango: 46g per fruit

Less Sugar



More Sugar



Apricot: 3.2g per fruit



Cranberries: 4g per cup



Cantaloupe: 7g per large slice



Cherries: 13g per cup



Pear: 17g per fruit



Watermelon: 18g per large slice



Guava: 4.9g per fruit



Oranges: 12g per each médium fruit



Peach: 15g per fruit



Banana: 17g per fruit



Raisins: 86g per cup