

LOW GLYCEMIC INDEX FRUITS

Optimal choices for blood sugar management (GI Score < 55)

â—□ Low GI (0-55) â—□ Medium GI (56-69) â—□ High GI (70+)

| FRUIT NAME | GI SCORE | SERVING SIZE (APPROX) |
|----------------|----------|-----------------------|
| Cherries | 20 | 1 cup (140g) |
| Grapefruit | 25 | 1/2 large fruit |
| Dried Apricots | 32 | 1/4 cup (40g) |
| Pears | 38 | 1 medium fruit |
| Apples | 39 | 1 medium fruit |
| Strawberries | 40 | 1 1/4 cup (150g) |
| Plums | 40 | 2 small fruits |

| FRUIT NAME | GI SCORE | SERVING SIZE (APPROX) |
|-------------------|-----------------|------------------------------|
| Peaches | 42 | 1 medium fruit |
| Oranges | 43 | 1 medium fruit |
| Grapes | 53 | 1 cup (150g) |

Note: Glycemic Index values can vary based on ripeness and preparation. Consult a healthcare professional for personalized dietary advice.