



Glycaemic Index(GI)Fruits

Low GI fruits		Medium GI fruits		High GI fruits	
Fruits	GI	Fruits	GI	Fruits	Gi
Avocado	10	Dates	40	Canned fruits	Above 70
Guava	12	Prunes	40		
Gooseberry	15	Banana	45		
Black currant	15	Cranberry	45		
Lemon	20	Kiwi	50		
Grapefruit	22	Lychee	50		
Blackberry	25	Grapes	56		
Blueberry	25	Mango	56		
Cherry	25	Banana	60		
Raspberry	25	Papaya	60		
Strawberry	25	Melon	65		
Pear	30	Raisins	65		
Mandarine Orange	30	Muskmelon	65		
Passionfruit	30	Pineapple	66		
Apricot	34	Watermelon	75		
Apple	35				
Fig	35				
Orange	35				
Peach	35				
Plum	35				
pomegranate	35				
Starfruit	36				

Choose low-GI fruits as they will help maintain a steady blood sugar level, or pair high GI with low GI fruits to balance the blood sugar levels.

1. Apples

- Apples are low-GI fruits that offer fullness and energise you after fasting. They are packed with pectin, a natural fibre that helps lower cholesterol and protect against diabetes. Apples also prevent obesity and protect against heart disease.

2. Dates

- Dates are a traditional food for iftar and are usually eaten to break the fast. They are a great source of natural sugars to replenish energy levels and contain many minerals such as potassium, manganese, and copper. Despite their sweetness, dates have a low glycemic index and provide sustained energy.

3. Oranges

- Oranges are another excellent low GI fruit, rich in vitamin C and fiber. They help boost the immune system and provide a refreshing way to break the fast.

4. Pears

- Pears have a low GI and are high in fiber, which helps in maintaining stable blood sugar levels. They are also a good source of vitamins C, K, and some B vitamins.

5. Cherries

- Cherries are rich in potassium and antioxidants, which support the immune system. They have a low GI and can be enjoyed fresh or frozen without added sugar.

6. Grapefruit

- Grapefruit is a low-GI fruit and an excellent source of vitamin C. It is beneficial for maintaining stable blood sugar levels and supporting overall health.

7. Berries (e.g., Blueberries, Strawberries, blackberry, cranberry and mulberry)

- Berries are low in sugar and have a low GI. They are packed with antioxidants, vitamins, and fibre, making them an excellent choice for iftar.

9 Guava

- Guava can be a beneficial addition to a diet for people with prediabetes or diabetes because it can help with weight management, blood sugar control, and heart health especially during Ramadan

11 Passionfruit

- Passion fruit may be beneficial for people with prediabetes because it has a low glycemic index (GI) and is high in fibre and antioxidants