

LOW GLYCEMIC FRUIT VS. HIGH GLYCEMIC FRUIT

**Definition of Glycemic: GLUCOSE;
sugar levels of the food**

High Levels: 56 or Higher

Low Levels: 55 or Below



Low GI Fruits (<= 55)	GI Value	High GI Fruits (> 70)	GI Value
Cherries	20	Watermelon	72
Grapefruit	25	Pineapple (very ripe)	66-70
Apricots	34	Ripe Bananas	60-70
Apples	36	Cantaloupe (Melon)	65-70
Pears	38	Dried Dates (Medjool)	70-103
Plums	40	Raisins	64-75
Strawberries	41	Fruit Juices (Orange, Apple)	50-70+
Peaches	42	Mango (very ripe)	~60-70
Oranges	43		
Grapes (small quantity)	50-53		
Kiwi	50		
Blueberries	53		



- Who Should Should avoid High Glycemic Index Diet: Diabetes 1 & 2, Prediabetics, Insulin Resistant, those trying to lose weight, PCOS, Cardiovascular Risk