



FamilyMedicalDoctors

SPECIALTY DIET GUIDE

# Fruit Glycemic Index

A practical guide to how much different fruits raise blood glucose

Compare representative GI values, then consider portion size and your own glucose response.

## WHAT GI MEANS

Glycemic index ranks how much a carbohydrate-containing food raises blood glucose over two hours, compared with a reference food.

### FMD GUIDE BANDS

LOW <50

MED 50-65

HIGH >65

These bands are tighter than the standard low <=55 / medium 56-69 / high >=70 classification; other charts may sort these fruits differently.

**LIMIT: JUICE + SMOOTHIES MADE WITH JUICE**



## WHY GI MATTERS



GI helps estimate the size of a post-meal rise. Glycemic load combines GI with the amount of available carbohydrate in the portion. Your meter or CGM response may differ.

## HIGH, MEDIUM, AND LOW GI FRUIT

FMD guide bands and representative values - variety, ripeness, preparation, and testing can change GI.

### HIGH GI FRUIT ABOVE 65

Watermelon

76

Pineapple

66

Watermelon is high-GI but low-carb per serving - its glycemic load is about 4. Dates and raisins are mid-GI but carb-dense, so a normal portion hits harder.

### MEDIUM GI FRUIT

50 TO 65

|              |    |                |    |
|--------------|----|----------------|----|
| Cantaloupe   | 65 | Medjool dates  | 55 |
| Raisins      | 64 | Green grapes   | 54 |
| Persimmon    | 61 | Blueberries    | 53 |
| Black grapes | 59 | Spotted banana | 53 |
| Fresh lychee | 57 | Mandarin       | 52 |
| Papaya       | 56 | Banana         | 50 |

### LOW GI FRUIT

BELOW 50

|              |    |              |    |
|--------------|----|--------------|----|
| Mango        | 48 | Strawberries | 40 |
| Navel orange | 45 | Ripe pear    | 33 |
| Apple        | 44 | Guava        | 29 |
| Nectarine    | 43 | Grapefruit   | 25 |

## CHOOSE WHOLE FRUIT - LIMIT JUICE

Limit fruit juice and smoothies made with juice. Portion size matters. Pairing whole fruit with protein or fat may soften the rise. Use your clinician's advice and your meter or CGM when available.