

Fruit

This section includes:

- Fruit
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Is it OK to eat fruit?

Yes! Fruit has sugar, which means it also has carbs. But that's OK.

The sugar in fruit (fructose) is natural and a better option than processed sweets. Fruit also has beneficial nutrients like fiber, vitamins, and phytochemicals that support your overall health.

You can still enjoy fruit! Just make sure to keep an eye on the carb exchanges.

Does it have to be fresh fruit?

No. Fresh fruit is not the only option. You can also eat canned or frozen fruit.

Some canned fruits have added sugar, make sure to drain and rinse the fruit to reduce the sugar content. You can also choose fruit packed in water or 100% fruit juice.





FRUIT EXCHANGE

Fresh Fruits & Fruit Juices

1 choice = 15 grams of carbohydrate and 60 calories

Apple, unpeeled	1 small	Pineapple, fresh	3/4 cup
Banana - 4 inch	1	Plums	2 small (5 oz)
Blueberries, blackberries	3/4 cup	Raisins	2 Tbsp
Canned fruit, unsweetened	1/2 cup	Raspberries	1 cup
Cantaloupe (cubed)	1 cup	Strawberries, fresh	1 1/4 cup
Figs	1 large (3 oz)	Watermelon (cubed)	1 cup
Grapefruit	1/2 large (6 oz)	Fruit Juice	
Grapes or cherries	12 to 15	Apple, orange	1/2 cup (4 oz)
Honeydew (cubed)	1 cup	Grapefruit, pineapple	1/2 cup (4 oz)
Mango	1/2 small (5.5 oz)	Grape, peach, pear, prune	1/3 cup (3 oz)
Nectarine	1 small (5 oz)	Cranberry juice, reduced cal.	1 cup (8 oz)
Orange	1 small (6 oz)	Diet V-8 Splash	5 cups
Pears	1/2 large (4 oz)		
Pineapple (canned)	1/2 cup		

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Applesauce Cups

Motts, no sugar added

- Apple (50/13) -----	1 container
- Strawberry (50/13) -----	1 container
- Cherry (50/13) -----	1 container
- Cinnamon (50/13) -----	1 container



Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture
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Fruit, bowls cont...

Dole, no sugar added

- Diced Peaches (25/6) ----- 1 container
- Mixed Fruit (40/11) ----- 1 container
- Mandarin Orange (50/10) ----- 1 container
- Pineapple Tidbits (40/10) ----- 1 container
- Diced Peaches (25/6) ----- 1/2 cup



Kroger, no sugar added

- Yellow Diced Peaches (40/10) ----- 1 container
- Diced Pears (40/10) ----- 1 container
- Mandarine Oranges (20/9) ----- 1 container

Fruit, canned

Del Monte, no sugar added

- Fruit Cocktail (40/10) ----- 1/2 cup
- Mandarin Oranges (60/13) ----- 1/2 cup
- Sliced Pears (40/10) ----- 1/2 cup



Libby's Skinny Fruits, no sugar added

- Tropical Fruit Salad (80/16) ----- 1 cup
- Mandarine oranges (60/13) ----- 1/2 cup
- Fruit Cocktail (45/11) ----- 1/2 cup
- Sliced Peaches (70/14) ----- 1 cup



Fruit, dried & dried bars

Kind Pressed

- Mango Apple Chia Bar (70/15) ----- 1/2 bar



Sunmaid

- Raisins (60/15) ----- 2 tbsp

Sunsweet

- Amazin Prunes (50/12) ----- 2 tbsp



Fruit, dried & dried bars, cont.

That's it.

- Apple & Blueberries Bar (50/13) ----- 1/2 bar
- Apple & Cherries Bar (50/13) ----- 1/2 bar
- Apple & Strawberries Bar (50/11) ----- 1/2 bar



Fruit, freeze-dried

Brother's Fruit Crisps

- Asain Pear (40/9) ----- 1 bag (10g)
- Banana (70/16) ----- 1 bag (17g)
- Fuji Apple (40/10) ----- 1 bag (10g)
- Peach (30/7) ----- 1 bag (8g)



Karen's

- Just Blueberries (50/13) ----- 1/4 bag
- Just Cherries (50/12) ----- 1/4 bag



Simple Truth

- Freeze-Dried Strawberries (50/12) ----- 1/2 bag

Fruit, squeeze

GoGo Squeeze, no added sugar

- Apple Strawberry (70/16) ----- 1 pouch
- Apple Cinnamon (70/16) ----- 1 pouch
- Apple Apple (70/16) ----- 1 pouch



Motts, no sugar added

- Applesauce Pouch (40/10) ----- 1 pouch

Treetop, no added sugar

- Applesauce Pouch (45/12) ----- 1 pouch



Smoothies

HEB Blendables, no added sugar

- Green Fuel (60/14) ----- 1/2 pouch
- The Starter Smoothie (70/19) ----- 1/2 pouch



Blender Bites, no added sugar

- Frozen Power Berry Smoothie (80/19) ----- 1 puck
- Tropical Frozen Daily Defen-C Smoothie (90/15) ----- 1 puck



Dole Smoothie Blends, no added sugar

- Frozen Dream and Dragon Fruit (45/19) ----- 3/4 cup
- Frozen Blueberry and Banana Protein (130/21) ----- 1 bag
- Crafted Mixed Berry Oatmeal Mix (65/15) -- 1/2 bag



Jamba At Home Smoothies

- Strawberries Wild (60/15) ----- 1/2 pouch
- Orange Dream Machine (90/15) ----- 1/2 pouch



Glycemic Index	
FRUIT	
Low GI (<55), Medium GI (56-69) and High GI (70-)	
Grapefruit	25
Apple	38
Peach	42
Orange	44
Grape	46
Banana	54
Mango	56
Pineapple	66
Watermelon	72

For a complete Glycemic Index list, [click here.](#)