



FRUIT EXCHANGES

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)		
Grapes or cherries	12 to 15	Fruit Juice	
Honeydew (cubed)	1 cup	Apple, orange	1/2 cup (4 oz)
Mango	1/2 small (5.5 oz)	Grapefruit, pineapple	1/2 cup (4 oz)
Nectarine	1 small (5 oz)	Grape, peach, pear, prune	1/3 cup (3 oz)
Orange	1 small (6 oz)	Cranberry juice, reduced cal.	1 cup (8 oz)
Pears	1/2 large (4 oz)	Diet V-8 Splash	5 cups
Pineapple (canned)	1/2 cup		

Serving Size

Fork Friendly Selections (Cal/g carb)

Apple Sauce Cups

Applesauce, ----- 1/2 cup or
unsweetened 1 container

Motts
- Unsweetened Applesauce (50/13)
- Unsweetened Cherry (50/13)



Fruit, bowls

Fruit cups ----- 1 container,
individuals

Del Monte, No Sugar Added
- Diced Peaches (25/6)
Dole, No Sugar Added
- Mandarin Orange (40/10)



Serving Size

Fork Friendly Selections (Cal/g carb)

Fruit, canned

Canned fruit ----- 1/2 cup

- Del Monte, No Sugar Added**
- Very Cherry Mixed Fruit (40/9)
- Libby's Skinny Fruits,**
- No Sugar Added**
- Chunk Pineapple (45/11)



Fruit, dried & dried bars

Dried fruit ----- 2 Tbsp
Fruit bars ----- 1/2 bar

- Kind Pressed**
- Mango Apple Chia Bar (65/15)
- Sunmaid**
- Raisins (60/15)
- Sunsweet**
- Amazin Prunes (50/13)
- That's it.**
- Apple Blueberry Bar (50/13)



Fruit, freeze-dried

Freeze-dried fruit ---- 14-17 g
serving size varies,
see to right of product name

- Brothers**
- Strawberry Fruit Crisps (60/14) 1/2 bag
- Banana Fruit Crisps (70/15) 1 bag
- 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



Serving Size **Fork Friendly Selections (Cal/g carb)**

Fruit, squeeze

Fruit Squeeze ----- 1 pouch

- GoGo Squeez**
 - ApplesApple Pouch (70/16)
HEB Squeeze Me!
 - Apple, Strawberry, Banana Sauce Pouch (70/17)



Smoothies

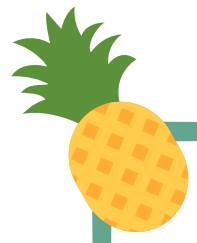
Frozen smoothie ---- 1/2 pouch mixes

- HEB Blendables**
 - Powerhouse Smoothie (70/18)
 - Green Fuel Smoothie (60/14)



Jamba Juice At Home Smoothies

- Strawberries Wild Smoothie (60/15)
 - Orange Dream Machine Smoothie (90/15)



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](#).