



FRUIT EXCHANGES

Fresh Fruits & Fruit Juices

1 choice = 15 grams of carbohydrate and 60 calories

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

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 grams
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



Fruit, squeeze

Fruit Squeeze ----- 1 pouch

GoGo Squeez

- ApplesApple Pouch (70/16)

HEB Squeeze Me!

- Apple, Strawberry, Banana
Sauce Pouch (70/17)

Serving Size

Fork Friendly Selections

Smoothies

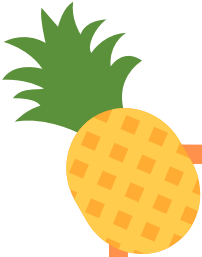
Frozen smoothie ----- 1/2 pouch mixes

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](#).