

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
- Cinnamon (50/13)	-----	1 container
- Caramel (50/12)	-----	1 container



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Fruit, bowls

Del Monte, no sugar added

- Mixed Fruit (30/8) ----- 1 container
- Diced Peaches (25/6) ----- 1 container
- Mandarin oranges (35/8) ----- 1 container



Dole, no sugar added

- Diced Peaches (25/6) ----- 1 container
- Mixed Fruit (35/8) ----- 1 container
- Mandarin Orange (35/8) ----- 1 container



Kroger, no sugar added

- Diced Peaches (40/10) ----- 1 container
- Diced Pears (40/9) ----- 1 container
- Mandarin Oranges (40/9) ----- 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
- Very Cherry (40/9) ----- 1/2 cup



Great Value, no sugar added

- Sliced Peaches (30/8) ----- 1/2 cup
- Fruit Cocktail (45/11) ----- 1/2 cup
- Sliced Pears (40/9) ----- 1/2 cup



Fruit, dried & dried bars

Sunmaid

- Raisins (90/22) ----- 1 box or 3T

Sunsweet

- Amazin Prunes (50/12) ----- 3 prunes



Fruit, dried & dried bars, cont.

That's it.

- Apple & Blueberries Bar (50/13) ----- 1/2 bar
- Apple & Mango Bar (50/13) ----- 1/2 bar
- Apple & Mango Mini Bar (60/15) ----- 1 bar
- Apple & Strawberries Bar (50/11) ----- 1/2 bar



Fruit, freeze-dried

Brother's Fruit Crisps

- Banana (70/15) ----- 1 bag (17g)
- Fuji Apple (40/10) ----- 1 bag (10g)

Good & Gather

- Strawberry slices (50/12) ----- 1/2 bag
- Strawberry/Apple/Peach (50/12) ----- 1/2 bag
- Peach Slices (60/15) ----- 1/2 bag

Simple Truth

- Freeze-Dried Strawberries (50/12) ----- 1/4 bag
- Mangos (50/13) ----- 1/4 bag
- Mixed Berries (50/12) ----- 1/4 bag



Fruit, squeeze

GoGo Squeeze, no added sugar

- Apple Strawberry (60/14) ----- 1 pouch
- Apple Cinnamon (60/15) ----- 1 pouch
- Apple Apple (60/15) ----- 1 pouch
- Peach/Berry (60/15) ----- 1 pouch
- Pear/Berry (60/15) ----- 1 pouch

Motts, no sugar added

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

Treetop, no added sugar

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



Smoothies

Better Goods Fruit Blends

- Blueberry Elderberry (90/19) ----- 1 cup
- Pineapple Mango (70/17) ----- 1 cup
- Super Green (90/14) ----- 1 cup

Dole Smoothie Blends, no added sugar

- Frozen Dream and Dragon Fruit (75/19) ---- 1/2 bag
- Frozen Blueberry and Banana Protein (65/11) ----- 1/2 bag
- Strawberry and Pineapple (110/25) ----- 1/2 cup

HEB Blendables, no added sugar

- Green Fuel (60/14) ----- 1/2 pouch
- The Powerhouse Smoothie (70/18) ----- 1/2 pouch

Kroger Smoothables No Sugar Added

- Blue Blend (70/18) ----- 1/2 bag
- Diced Purple (70/19) ----- 1/2 bag
- Green Blend (80/14) ----- 1/2 bag
- Red Blend (70/15) ----- 1/2 bag
- Tropical Blend (70/16) ----- 1/2 bag



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](#).