

Fruit

Fruit is sometimes called nature's candy - best to eat once in a while rather than daily. Sweet fruits contain natural sugars called fructose that play a role in causing insulin resistance. The chart below shows safe fruits, such as berries, that are lower in carbohydrates as well as fruits that are best limited.



Safe Fruits

- Avocado
- Olives
- Raspberry
- Blackberry
- Strawberry
- Coconut meat
- Lemon
- Lime



Fruits to eat in moderation (½ fruit/skin eaten)

- Blueberry
- Peach
- Cherry
- Plum
- Apple
- Pear
- Kiwi



Limit Completely

- Banana
- Grapes
- Mangos
- Pineapple