



A Guide to Fruit

Fruit is sometimes called nature's candy - best eaten once in a while rather than daily

Sweet fruits contain natural sugars called fructose that play a role in causing insulin resistance. The list below shows safe fruits, such as berries, that are lower in carbohydrates as well as fruits that are best limited.



Safe Fruit

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



Fruits to Eat in Moderation

½ Fruit/Skin Eaten

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



Limit Completely

- Banana
- Grapes
- Mangos
- Pineapple

