

Eat Less
High Sugar Fruits
which spike blood sugar



Banana



Pineapple



Melons



Mango



Peach



Most apples



Plum



Orange & juice



Grapes



Watermelon



Raisins, dates, dried fruits

Eat More
LOW Sugar Fruits
for balanced energy



Grapefruit



Granny Smith Apple



Lime



Lemon



Kiwi



Tart berries

