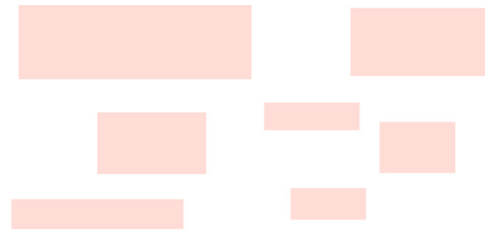


FRUITS

Glycemic Index



Mango	51	Asian Pear	18
Mandarin orange	47	Carambola	45
Lychee	48	Cloudberry	44
Loquat	29	Custard Apple	54
Longan	45	Dried fruit	31
Lime	32	Fruit salad	54
Lemon	20	Feijoa	31
Kiwifruit	58	Gooseberry	15
Jujube	27	Groundcherry	35
Guava	31	Horned melon	48
Grapefruit	25	Java plum	32
Grape	49	Kumquat	67
Goji berries	29	Figs	61
Durian	49	Cherimoya	59
Acerola	20	Breadfruit	62
Apple	36	Jackfruit	75
Apricot	34	Mamey Sapote	-
Avocado	40	Maraschino cherry	-
Banana	48	Huckleberries	-
Blackberry	25	Elderberry	-
Blueberry	53	Crateva religiosa	-
Cherry	22	Crabapple (malus)	-
Clementine	47	Cockles	-
Cranberry	45	Chokecherries	-
Dates	42	Dates	-
Currant	25	Currant	-