

FRUIT GLYCEMIC INDEX & GLYCEMIC LOAD TABLE WITH NUTRITIONAL INFORMATION

Glycemic Index	Glycemic Load	Fruit	Serving Size	Net Carbs (g)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Calories (kcal)	Total Fat (g)
29	17	Apple, dried	1 cup	50	57	7	49	1	209	0
44	7	Apple, fresh, Fuji	1 cup sliced	15	17	2	13	0	69	0
56	45	Apricot, dried	1 cup halves	72	81	9	69	4	313	0
42	8	Apricot, fresh	1 cup sliced	15	18	3	15	2	79	0
49	17	Banana, fresh	1 cup sliced	30	34	4	18	2	134	0
		Blackberry, fresh	1 cup	6	14	8	7	2	62	1
53	12	Blueberry, fresh	1 cup	18	22	4	15	1	84	0
70	9	Cantaloupe, fresh	1 cup diced	12	13	1	12	1	53	0
22	6	Cherry, fresh	1 cup pitted	22	25	3	20	2	97	0
59	7	Coconut meat, fresh	1 cup shredded	5	12	7	5	3	283	27
		Cranberries, dried, sweetened	1/4 cup	31	33	2	29	0	123	0
		Cranberries, fresh	1 cup whole	8	12	4	4	0	46	0
55	10	Date, dried, pitted, medjool	1 date	16	18	2	16	0	67	0
52	3	Date, pitted, deglet noor	1 date	4.5	5	0.5	4.5	0	20	0
52	57	Date, pitted, deglet noor	1 cup chopped	98	110	12	93	4	415	1
54	3	Figs, dried, uncooked	1 fig	4	5	1	4	0	87	0
		Figs, fresh	1 small fig (1.5inches diameter)	7	8	1	7	0	30	0
54	10	Grape, fresh, green, seedless	100 grams (approx. 15)	19	19	0	16	1	80	0
50	10	Grape, fresh, red, seedless	100 grams (approx. 15)	20	20	0	17	1	86	0
47	8	Grapefruit, fresh	1 cup	14	17	3		1	69	0
29	7	Guava, fresh	1 cup	15	24	9	15	4	112	2
60	10	Honeydew Melon, fresh	1 cup diced	15	16	1	14	1	61	0
		Jackfruit, canned in syrup, drained	1 cup	41	43	2		1	164	0
37	14	Jackfruit, fresh	1 cup sliced	36	38	2	32	3	157	1
55	40	Jujubes, dried	100 grams	67	73	6	9	5	281	1
		Jujubes, fresh	100 grams	20	20			1	79	0
58	15	Kiwi, fresh	1 cup	20	25	5	16	2	104	1
57	18	Lychee, fresh	1 cup	29	31	2	29	2	125	1
48	12	Mango, fresh	1 cup	22	25	3	23	1	99	1
43	6	Nectarine, fresh	1 cup	11	13	2	11	2	62	0
		Orange, fresh, Mandarin/Tangerine	1 cup	22	26	4	21	2	103	1
45	8	Orange, fresh, navel	1 cup	15	18	3	14	2	86	0
38	6	Papaya, fresh	1 cup diced	14	16	2	11	1	62	0
35	34	Peach, dried, uncooked	1 cup halves	85	98	13	67	6	382	1
76	11	Peach, fresh	1 cup sliced	13	15	2	13	1	60	0
33	7	Pear, fresh	1 cup sliced	17	21	4	14	1	80	0
7	1	Pear, prickly cactus, fresh (Nopal)	1 cup sliced	9	14	5		1	61	1
43	54	Pear, uncooked, dried	1 cup halves	111	125	14	112	3	472	1
61	5	Persimmon	1 persimmon	8	8			0	32	0
82	18	Pineapple, fresh	1 cup chunks	20	22	2	16	1	83	0
39	16	Plantain, green, boiled	1 cup	36	40	4	3	1	166	1
39	7	Plum, fresh	1 cup sliced	17	19	2	16	1	76	0
40	2	Prunes, pitted, Californian	1 prune	5	6	1	4	0	23	0
55	19	Raisins	1 small box (1.5oz)	32	34	2	28	1	129	0
		Raspberry, fresh	1 cup	8	18	10	7	2	78	1
40	5	Strawberry, fresh	1 cup	9	12	3	7	1	48	0
50	6	Watermelon, fresh	1 cup	11	12	1	9	1	46	0