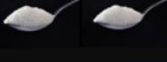
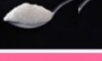


The Glycaemic Index helps predict how these fruits might affect blood glucose

important information if you have type 2 diabetes

Type of fruit	GI from scientific literature	Serve size (g)	Glycaemic load (g/serve)	How does 120g of each fruit affect blood glucose compared to 4g teaspoons of table sugar? 
Banana	62	120	16	5.9 
Grapes, black,	59	120	11	4.0 
Apple, Golden Delicious	39	120	6	2.2 
Watermelon, fresh	80	120	5	1.8 
Nectarines, fresh	43	120	4	1.5 
Apricots, fresh	34	120	3	1.1 
Strawberries, fresh	40	120	3.8	1.4 

As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity:

The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP