

## Fruit Glycemic Index & Glycemic Load Table with Nutritional Information

[TheGestationalDiabetic.com](http://TheGestationalDiabetic.com)

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
62	20	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	11	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
52	14	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

Data compiled from the USDA, International Tables of Glycemic Index and Glycemic Load Values of 2021, 2008, & 2002, & the 2021 Glycaemic Index and Glycaemic Load of Commonly Consumed Thai Fruits.