Best Fruits for Blood Sugar

Fiber, Sugar, and Net Carbs Chart

Choosing fruits that are higher in fiber and lower in sugar helps keep your blood sugar steadier. This is especially helpful if you have diabetes, prediabetes, or are working on weight.

How to read this chart

• All numbers are per 100 grams (about 3.5 ounces, a small handful or half a cup) so you can compare fruits fairly.

• **Net carbs = total carbs - fiber.** Fiber is the part of the carbohydrate your body does not digest, so net carbs are the carbs that actually raise your blood sugar.

• Fruits at the top of the list are usually the gentlest on blood sugar. Fruits at the bottom raise it the most.

• Eat whole or cut fruit. Skip fruit juice, dried fruit, and fruit canned in syrup - these spike blood sugar faster.

Fruit	Fiber (g)	Total carbs (g)	Sugar (g)	Net carbs (g)
Avocado	6.7	8.5	0.7	**1.8**
Blackberries	5.3	9.6	4.9	**4.3**
Raspberries	6.5	11.9	4.4	**5.4**
Strawberries	2.0	7.7	4.9	**5.7**
Lemon	2.8	9.3	2.5	**6.5**
Watermelon	0.4	7.6	6.2	**7.2**
Cantaloupe (melon)	0.9	8.2	7.9	**7.3**
Peach	1.5	10.0	8.4	**8.5**
Orange	2.4	11.8	9.3	**9.4**
Plum	1.4	11.4	9.9	**10.0**
Apple (with skin)	2.4	13.8	10.4	**11.4**
Pineapple	1.4	13.1	9.9	**11.7**
Kiwi	3.0	14.7	9.0	**11.7**
Blueberries	2.4	14.5	10.0	**12.1**
Pear (with skin)	3.1	15.2	9.8	**12.1**
Mango	1.6	15.0	13.7	**13.4**
Cherries	2.1	16.0	12.8	**13.9**
Grapes	0.9	18.0	15.5	**17.1**
Banana	2.6	22.8	12.0	**20.2**

Simple takeaways

• **Best everyday choices:** avocado, blackberries, raspberries, strawberries - high fiber, low sugar.

• **Good choices in normal portions:** lemon, melon, peach, orange, plum, apple, blueberries, kiwi.

• **Enjoy in smaller portions:** grapes, banana, mango, cherries, pineapple - more natural sugar.

• Keeping the skin on apples and pears adds fiber and lowers the blood sugar effect.

• Riper bananas have more sugar than slightly green ones.

This chart is a general guide. Your dietitian or clinician can help you fit fruit into your overall meal plan.