



## Glycemic Index - Fruit

### What is the Glycemic Index?

The Glycemic Index is a ranking or rating system for food. The number assigned to each food refers to the insulin spike in the blood post-eating. You might consider it a Sugar-Index or a Sugar-Ranking. Why does it matter? When you're working hard to cut body fat, sugar is the enemy. Even if it comes from natural sources, sugar still has the potential (and probability) to be stored as fat instead of used for fuel. Bad news, right? If you're looking to reduce body weight, then consider focusing on low-glycemic fruits in your diet. FYI - The very best time to have a higher-glycemic fruit is immediately after a strenuous workout! The fruit sugars help to immediately replenish depleted muscle tissue.

Low Glycemic	
cherries	22
grapefruit	25
apples, dried (no-sugar-added)	29
prunes, pitted, ready-to-eat	29
apricots, dried (no-added-sugar)	31
apples	38
peaches, canned, in juice	38
pears	38
plums	39
strawberries	40
oranges	42
peaches	42
pears, canned, in juice	43
grapes	46
Medium Glycemic	
mango	51
banana	52
kiwi fruit	53
fruit cocktail, canned	55
High Glycemic	
golden raisins	56
apricots	57
peaches, canned, in syrup	57
papaya	59
pineapple	59
figs, dried	61
apricots, canned, in light syrup	64
raisins	64
melon, orange-fleshed	65
breadfruit	68
watermelon	72
dates, dried	103