

## Best 15 Fruits for Diabetics

Which are the best fruits for diabetics? This is the common question which arises in the minds of the diabetics as many of them believe that they can't eat fruits as all fruits contain high sugar content. But there are lots of healthy fruits for diabetics which do not increase the blood glucose level and these fruits for diabetics could be said to be best fruits for diabetics.

Fruits having these two characteristics are particularly beneficial fruits for diabetic patients:

### Low Glycemic Index

-Fruits with low Glycemic Index(GI) are good for people with diabetes. Glycemic Index describes the effect of carbohydrates present in food materials on our blood glucose levels. Fruits with low GI will produce small change in our blood glucose and levels of insulin. Low GI fruits release the glucose slowly into the blood which avoids the sudden rise in blood glucose levels. This is an important factor in diabetes management.

### High Fiber content

-Fruits especially rich in fiber are good fruits for diabetics as they have a low glycemic index. Fibers present in these fruits slow down the absorption rate of sugar in the bloodstream. Hence these are good fruits for diabetes.

## List of Best Fruits for Diabetics

The healthy fruits for diabetics are listed below:

### Blueberries

-Called as a "diabetes superfood" by American Diabetes Association blueberries help the body to efficiently process blood glucose for energy. Blueberries have low calorie content which also helps in weight loss and losing belly fat. Fruits for diabetes increase the sensitivity towards insulin and help in managing blood glucose levels.

## Grapefruit

-Grapefruits help in weight loss and this in turn helps to reduce insulin resistance. A study has found that consuming grapefruit could help in diabetes treatment. Scientists have found that an antioxidant “Naringenin” present in grapefruit can produce the same effect as the drugs used to treat Type 2 diabetes. Ingredients present in grapefruit help the pancreas in insulin production. The antioxidant Naringenin helps to increase the body’s sensitivity towards insulin and also helps in weight loss.

## Avocados

-Avocados are beneficial for preventing diabetes complication and problems associated to cardiovascular system. Avocados are rich in monosaturated fats and according to American Diabetes Association foods rich in monosaturated fats reduce the cardiovascular related complications due to diabetes.

## Pears

-Pears contain a natural fruit sugar “Levulose” which adds to the sweetness of the fruit and this fruit sugar is easily converted to energy in diabetics. Pears are low in calories and carbohydrates which is good for diabetics. Pears are high fiber fruits and are helpful in reducing blood glucose and body weight.

## Strawberries

-Strawberries as one of the fruits for diabetes have low glycemic index which makes them a natural choice of diabetics. Strawberries contain ingredients called anthocyanins and ellagitannins which are found to be helpful in treating Type 2 diabetes. Eating strawberries after a carbohydrates rich meal helps in reducing blood glucose levels by breaking down the starch molecules. Diabetics face the risk of eye related problems. Strawberries contain antioxidants which prevent eye damage and improve eye sight.

## Apples

-Apples are one of the healthy fruits for diabetics as they are not only high in fiber content but also contain natural fibrous chemical Pectin which reduces blood glucose levels up to 50%. Raw apples have been found to decrease the amount of insulin needed by as much as 50%. Experiments have shown that blood glucose levels decrease sufficiently in diabetics within 24 hours after eating apples. Apples have glycemic index in the range of 38 which shows that it is one of the healthy fruits for diabetics. The inflammation symptoms of diabetes are reduced significantly by consuming apples.

## Watermelon

-Many people think that watermelon is not good for diabetes as it is high in sugar content. But it is a severe misconception. The natural sugar present in watermelon can be easily converted into energy. The Carotenoids present in watermelon are known to reduce blood glucose levels. Watermelon also reduces the production of free radicals which can harm a diabetic patient. Watermelon also contains a nutrient "Lycopene" which is a good antioxidant and prevents the risk of blood glucose related infections.

## Oranges

-Can diabetics eat oranges? Yes. Orange is one of the fruits for diabetes. American Diabetes Association considers oranges as a "diabetes superfood" and encourages including oranges in the diabetic diet. Oranges have a low GI (33 to 51) and diabetics can consume one orange per day. Oranges have very high content of soluble dietary fiber which helps in controlling blood glucose level by lowering the sugar absorption rate. Oranges also contain several antioxidants in high concentration which are helpful against several ailments including diabetes.

## Papaya

- Papaya is hypoglycemic in nature. It helps in controlling high blood sugar levels. It has been found that people eating papaya can have better control over diabetes and can reduce the insulin shots. Papaya can also prevent diabetic heart disease. Papaya is a very nutritive fruit and contains more carotene in comparison to other fruits such as guava and apples. Papaya is rich in enzyme "Papain" which protects the diabetics against harmful free radicals.

## Plums

-Many diabetic patients suffer from constipation. For such people plums and prunes are very beneficial. These are known to improve the functioning of digestive system and are a good remedy for constipation. These are rich in antioxidants known to reduce harmful free radicals.

#### Rose Apple

-Rose Apple is one of the fruits for diabetes. The infusions of roasted and powdered seeds of Rose Apple are found to be effective in diabetes control. Rose Apple is a rich source of fiber and it has also a low fat and calorie content which is helpful for diabetics.

#### Guavas

-Guavas are fruits with a low glycemic index (GI is 20) and high fiber content. Eating guavas keeps your blood glucose levels steady and also provides energy. Guavas are one of the richest sources of Vitamin C which is beneficial for a diabetic patient.

#### Cherries

-Cherries contain chemicals called anthocyanins which increase insulin production and thus help in lowering blood glucose levels. Anthocyanins also help in preventing type 2 diabetes.

#### Peaches

– Peaches have a low glycemic index and high fiber content. They are rich sources of antioxidants and vitamin C. Try to avoid syrupy and canned peaches and eat only fresh peaches. They are one of the good fruits for diabetics.