

HEALTHY FRUIT LIST FOR DIABETICS

Diabetics generally tend to avoid fruits thinking it would spike their [blood sugar](#) levels but here is a healthy fruit list for diabetics. These fruits contain [antioxidants](#) and vitamins, which will help fight [diabetes](#). Just remember to opt for fruits that have a low Glycemic Index (GI value of 55 or less) as they will regulate your insulin levels. Here are our 20 favourite diabetic friendly fruits.

S. No.	Name of fruit	Details of benefits
1	Kiwi Fruit	Many researchers have shown a positive correlation between kiwi fruit consumption and the lowering of blood sugar levels. This fuzzy fruit is a power house of potassium, fibre and vitamin C. It also contains low carbohydrates that are necessary for diabetics.
2	Jamun	<p>Termed as one of the best fruits for diabetics, Jamun is known to improve blood sugar levels. The seeds of this fruit can also be powdered and consumed by patients to control diabetes.</p> <p>Jamun Smoothie Recipe:</p> <p>Ingredient : 1 cup Jamun (Deseeded), 1 cup soy milk, Stevia or Agave sweetener(optional)</p> <p>Method : Puree the berries and soy milk in a blender. Add agave or stevia to taste (once the smoothie has been prepared).</p>
3	White Jamun	<p>Diabetic patients can consume jamun fruit daily, to control their sugar levels. White jamuns are also high in fibre.</p> <p>White Jamun Ginger Squash Recipe</p> <p>Ingredients : 1 cup chopped white jamun, 4 tbsp chopped mint leaves, 4 tbsp ginger juice, 4 tsp lemon juice, 1 cup crushed ice, Stevia (Optional)</p> <p>Method : Combine cup of jamun, mint leaves, ginger juice and stevia in a rock glass. Lightly crush the ingredients together, using a muddler. In each rock glass, place ¼ cup of crushed ice and top it chilled soda if you like. Serve immediately.</p>
4	Cantaloupe	This fruit is high in the Glycemic Index, but has a good amount of fibre . Therefore, within moderation, it can easily be included in the diet of a diabetic.

		<p>Cantaloupe Smoothie</p> <p>Ingredients: 2 cups of cantaloupe, half cup of low fat milk, 2 tbsp honey.</p> <p>Method: Add all ingredients to a blenders and make a smoothie, you can add milk as per the consistency you desire.</p>
5	Star Fruit	<p>Similar to jamuns, starfruit is good for diabetics as they help improve blood sugar control. But caution needs to be exercised in case the person has diabetes nephropathy.</p> <p>Star fruit salad: To a bowl of sliced apples, strawberries, a tbsp of lemon and honey add chopped star fruit and enjoy a healthy and crunchy salad.</p>
6	Pear	<p>These delicious fruits are a good snacking option for diabetics as they are rich in both vitamins and fibre.</p> <p>Oriental Pear Salad recipe</p> <p>Ingredients : 1/4 kg of uncooked rice sticks (Maifun), 1/4 cup vegetable oil, 1 quarter shredded lettuce, 1 fresh pear-cored and sliced, 1 cup cooked shredded chicken, 1/2 cup each diagonally sliced green onion and sliced green pepper.</p> <p>Method : Break rice sticks into 3- or 4-inch lengths. Heat oil to 375° to 400° F; fry rice sticks until white and fluffy. Turn once to fry pieces evenly. (Entire process takes less than 1/2 minute.) Drain on paper towels. Toss rice sticks with remaining ingredients.</p>
7	Guava	<p>Guava controls diabetes and it is good for constipation. Guavas are high in vitamin A and vitamin C and contain high amounts of dietary fibre. This fruit has a reasonably low GI.</p> <p>Guava Recipe</p> <p>The best way to eat guavas is slicing them in a bowl and adding a pinch of salt and pepper to it. Refrigerate for half an hour and add it to your meal. You can also sprinkle stevia for sweet taste.</p>
8	Cherries	<p>Their GI value is 20 (or even less in some varieties) which makes it a good healthy snack for diabetic patients at any time of the day.</p>

		<p>Cherry Parfait</p> <p>Ingredients: 1 bowl full of cherries, 1 medium pack of flavoured yoghurt, 1/4 tsp vanilla essence, 1 tbsp low fat cream</p> <p>Method: In a bowl, add the flavoured yoghurt, vanilla essence and cream and stir it well. In a tall glass or a dessert bowl, place alternate layers of cherries and the yoghurt mixture. Refrigerate for an hour and serve.</p>
9	Figs	<p>Their richness in fibre helps with insulin function in diabetes patients.</p> <p>Figs with Goat Cheese Recipe</p> <p>Ingredients: 10 fresh Figs, halved, 4 ounces goat cheese (chèvre), 20 chopped almond, 2 tablespoon honey</p> <p>Directions: Preheat the oven broiler for high heat. Place the Fig halves, cut side up, on a baking sheet . Top each fig with about ½ teaspoon of goat cheese. Sprinkle the almonds. For about 2-3 minutes, broil the figs in the oven until the cheese is soft and the almonds have a nice golden brown colour to them. Let cool for 5 minutes and drizzle the honey on top of each Fig. Serve warm.</p>
10	Peaches	<p>These tasty fruits are a great healthy treat, with a low GI.</p> <p>Peach-Lime Sorbet</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1 1/2 cups water • 2/3 cup sugar • 2 tablespoons light corn syrup • 1 pound fresh peaches or nectarines, halved and pitted • 1 teaspoon freshly grated lime zest • 6 tablespoons lime juice • 1/4 teaspoon salt <p>Method: Stir water, sugar and corn syrup in a large saucepan over medium heat until the sugar dissolves. Add peaches (or nectarines); bring to a simmer. Reduce heat, cover and simmer for 10 minutes. Pour the fruit-syrup mixture into a blender. Add lime zest, juice and salt; blend until smooth.</p>

		<p>Pour into a large bowl and refrigerate until cold, for four hours or overnight. Freeze the sorbet mixture in an ice cream maker, according to the manufacturer's directions. (Alternatively, pour the mixture into ice cube trays and freeze until solid, about 4 hours. Unmold cubes, place half in a food processor fitted with the chopping blade, and process, scraping the sides as necessary, until fairly smooth but still icy. Repeat with the remaining cubes.)</p>
11	Jackfruit	<p>Jackfruit contains vitamin A, vitamin C, thiamin, riboflavin, niacin, calcium, potassium, iron, manganese and magnesium among many other nutrients. Good for diabetes as they improve insulin resistance.</p> <p>Jackfruit Smoothie</p> <p>Ingredients: 4 jackfruit chunks, half cup of coconut milk, half cup of pineapple juice, mint leaves, 1 tsp. grated ginger.</p> <p>Method: Add all the ingredients in a blender and blend until smooth.</p>
12	Berries	<p>Berries are a rich source of antioxidants. Diabetics can include a serving of different berries to keep their sugars in check. Strawberries, blueberries and blackcurrants, raspberries, cranberries, chokeberries, blackberries, and acai berries are good for diabetic patients.</p> <p>Berry Green Smoothie</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1/2 cup Greek yoghurt (or normal yoghurt without whey) • 1 cup berries (strawberries, blueberries, blackberries etc) • 1 cup spinach • 1 tbsp bran • Ice cubes as required <p>Method: Add yoghurt and spinach and blend until blended. Add the berries, bran and ice cubes to this and blend until smooth. Serve immediately</p>
13	Apples	<p>Apples contain antioxidants, which help to reduce cholesterol levels, cleanse the digestive system, and boost the immune system. Apples also contain nutrients that</p>

		<p>help in the digestion of fats.</p> <p>Apple Salad Recipe</p> <p>Ingredients 2 apples , 2 medium carrots, 1 bunch small radishes, ½ cup golden raisins, ½ cup chopped fresh parsley, ½ cup chopped fresh mint.</p> <p>Dressing : 50 ml cider vinegar, 30 ml honey, 5 ml Dijon mustard, salt and pepper to taste, 175ml extra virgin olive oil, 2tsp sesame seeds toasted</p> <p>Method : Quarter apples; remove core and thinly slice. Set aside in large bowl. Peel carrots and cut into matchstick pieces. Add to apples. Slice radishes and cut into thin strips. Add to apples. Gently toss with raisins, Parsley and mint. In small bowl, whisk together, vinegar, honey, mustard, salt and pepper. Slowly whisk in oil. Just before serving, toss salad with dressing and sprinkle with sesame seeds.</p>
14	Grapefruit	<p>It is a good option for diabetics as it slows down the blood sugar peak.</p> <p>Low-Calorie Cobalt Margarita Recipe</p> <p>Ingredients: Lime wedge, Fine sea salt, 1.5 measure tequila gold, 2 teaspoons cointreau, 1/2 measure blue curacao, 3/4 measure fresh lime juice, 3/4 measure fresh grapefruit juice, Garnish - lime rind</p> <p>Method: Dampen the rim of a chilled cocktail glass with a lime wedge and then dip it into fine sea salt Pour the tequila, cointreau, blue curacao, lime juice and grapefruit juice into a cocktail shaker. Add the ice cubes and shake vigorously for 10 seconds then strain it into a cocktail glass. Decorate with a lime rind spiral.</p>
15	Orange	<p>These citrus fruits can be consumed on a daily basis by diabetics, as they are rich in vitamin C.</p> <p>Beetroot and Orange Soup</p> <p>Ingredients: 750 grams raw beetroot, peeled and sliced, 2 large onion, peeled and chopped, finely grated rind and juice of 5 oranges, 2 bay leaves, 2 litres stock, salt, freshly ground black pepper, 200 ml plain low-fat yoghurt, 2 orange slice to garnish.</p> <p>Method: 1. Put the beetroot in the pan with the onion, orange rind and juice, bay leaf, stock, and salt</p>

		<p>and pepper to taste.</p> <p>2. Bring to a boil, then lower the heat, cover and simmer for 1 hour until the beetroot is tender.</p> <p>3. Work the soup to puree through a sieve, or in an electric blender. Return to the rinsed-out pan, and then bring to the boil, stirring occasionally.</p> <p>4. Taste and adjust the seasoning. Stir in the yoghurt and serve hot or chilled.</p> <p>5. Garnish it with orange slices.</p>
16	Pomegranate	<p>These tiny red rubies help diabetic people improve their blood sugar statistics.</p> <p>Pomegranate Juice</p> <p>Ingredients: 1 Pomegranate, 1 cup water and a tbsp of honey</p> <p>Method: Remove the seeds of the pomegranate and put it into a blender, now add water and honey. Run the blender, so the seeds get juiced and then strain the mixture.</p>
17	Pineapples	<p>Good for diabetics, pineapples also benefit the body as they are rich in anti-viral, anti-inflammatory and anti-bacterial properties.</p> <p>Coconut Pineapple Shake</p> <p>Take ½ glass of coconut milk and ¾ glass of pineapple juice. To this, add ½ cup fresh cream.</p> <p>Add 1 tsp. of sugar or honey to the juice, coconut milk and cream. Blend in an electric blender and mix for 2 minutes. Add finely chopped pineapple pieces and serve in a tall glass.</p>
18	Watermelon	<p>Although watermelons have a high GI value, their glycemic load is low, making them good fruits for diabetic patients. However, consume in moderation.</p> <p>Ingredients</p>

		<ul style="list-style-type: none"> • 2 cups watermelon cubes • ½-teaspoon lemon juice • 1-2 tsp sugar • 5-6 mint leaves • ¼ tsp black salt/rock salt • 4-5 ice cubes <p>Method: Remove seeds from the watermelon and blend it with mint leaves and sugar. Strain if necessary. Add lemon juice and black salt. Serve chilled with crushed ice cubes. Garnish with mint or lime wedges.</p>
19	Plums	<p>Plums are rich in antioxidants, minerals like iron, fluoride and potassium and minerals, which makes them a diabetic friendly fruit.</p> <p>Plum Starter</p> <p>Simple add chopped plums to a bowl of low fat yoghurt and enjoy a healthy starter before a meal. What's more- even second and third helpings of it will not add to your waistline.</p>
20	Papaya	<p>They are good for diabetics because they are rich in vitamins and other minerals.</p> <p>Papaya Chutney Recipe</p> <p>Ingredients : Raw papaya – 200gms, Sugar – ¼ cup, Garam Masala – ¼ tsp, Salt</p> <p>Method : Grate 200 gms of raw papaya in a pan. Add ¼ cup of sugar to it and mix well. Cook this mixture over a low heat on the stove and stir continuously. Once the sugar is dissolved raise the heat and cook for 5 minutes. Add a pinch of salt and ¼ tsp garam masala powder and cook for another minute. Serve with rice/rotis or bread.</p>