

# Chow Line

News from the College of Food, Agricultural, and Environmental Sciences

## Eat fruit, but know how it affects blood sugar

**I know I should be eating more fresh fruit, but I have type 2 diabetes. Last weekend I enjoyed a few slices of watermelon, and I was surprised when I tested my blood sugar and saw that it spiked over 200. Should I forget about eating more fresh fruit?**

No! Fresh fruit should be included in every diet, even if you have diabetes. Aim for 1.5-2 cups a day.

Fresh fruit contains all sorts of nutrients, including vitamins, minerals, phytochemicals and fiber. As you probably experienced with the watermelon, fruit can also satisfy your sweet tooth while providing huge nutritional benefits that cake and candy simply don't offer.

But you should be aware that, as with any carbohydrate-containing foods, portion size matters to your blood sugar. And, different fruits have different levels of carbohydrates and fiber, both of which affect your blood sugar, or blood glucose. You likely already know that unmanaged high blood glucose can cause serious, even life-threatening consequences, including blindness, kidney disease, heart and vascular disease, and neuropathy (a disease of the nervous system).

The American Diabetes Association recommends that people with diabetes keep their blood glucose level to less than 180 milligrams per deciliter of blood two hours after eating. For people without diabetes, the normal level is less than 140 mg/dl. You and your doctor may have set your after-meals target lower, but whatever the case, it's good to recognize what might spike your blood sugar so you can take steps to reduce your risk.

Fruits lower in carbohydrate and higher in fiber will likely have less of an effect on your blood sugar. Below is the calorie, carbohydrate and



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fiber content for specific portion sizes of some common fruits. Find information about other fruits in the National Nutrition Database, available under "What's In Food" at [nutrition.gov](http://nutrition.gov).

- Raspberries, 1 cup (4.3 ounces): 65 calories, 15 grams carbohydrate, 8 grams fiber.
- Peach, medium (5.3 ounces, about 1 cup sliced): 60 calories, 14 grams carbohydrate, 2 grams fiber.
- Strawberries, 1 cup halves (5.4 ounces): 50 calories, 12 grams carbohydrate, 3 grams fiber.
- Orange, 1 cup sections (6.5 ounces): 85 calories, 21 grams carbohydrate, 4.5 grams fiber.
- Blueberries, 1 cup (5.2 ounces): 85 calories, 21 grams carbohydrate, 3.5 grams fiber.
- Apple, extra small (3.5 ounces, about 1 cup sliced): 55 calories, 21 grams carbohydrate, 3.5 grams fiber.
- Cantaloupe, 1 cup diced (5.5 ounces): 55 calories, 13 grams carbohydrate, 1.5 grams fiber.
- Banana, extra large (5.4 ounces, about 1 cup sliced): 135 calories, 35 grams carbohydrate, 4 grams fiber.
- Honeydew, 1 cup diced (6 ounces): 60 calories, 15 grams carbohydrate, 1.5 grams fiber.
- Grapes, 1 cup (5.3 ounces): 105 calories, 27 grams carbohydrate, 1.5 grams fiber.
- Watermelon, 1 cup diced (5.4 ounces): 45 calories, 11.5 grams carbohydrate, 0.5 grams fiber.

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**Editor:** This column was reviewed by Dan Remley, specialist in Food, Nutrition and Wellness with Ohio State University Extension. OSU Extension is the outreach arm of the College of Food, Agricultural, and Environmental Sciences at The Ohio State University.

*Chow Line is a service of the College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center. Send questions to Chow Line, c/o Martha Filipic, 2021 Coffey Road, Columbus, OH 43210-1043, or [filipic.3@osu.edu](mailto:filipic.3@osu.edu).*

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