

LOW GLYCEMIC FRUIT

REFERENCE GUIDE

Which fruits support stable energy — and how
to enjoy all of them without fear or confusion.

Provided by [Patisserie by M](#)

GL<55

High Sugar Level

GL

Per Serving

17

Common Fruits
Ranked

A NOTE FROM PATISSERIE BY M

Fruit is not the enemy. The idea that fruit is 'too sugary' is one of the biggest nutrition myths out there. This guide shows you which fruits to reach for most often — and how to enjoy all fruit confidently, without second-guessing yourself.

FRUIT GI + GL RANKINGS

GI = how fast it raises blood sugar. GL = how much it raises at a real serving size.

FRUIT	GI	GL	SERVING	RATING
Cherries	22	3	1/2 cup	★★★★★
Grapefruit	25	3	1/2 medium	★★★★★
Pear	38	4	1 medium	★★★★★
Apple	39	6	1 medium	★★★★■
Strawberries	41	1	1 cup	★★★★★
Peach	42	5	1 medium	★★★★■
Plum	40	5	1 medium	★★★★■
Pomegranate Seeds	53	6	1/2 cup	★★★★■
Blueberries	53	6	3/4 cup	★★★★■
Kiwi	52	7	2 small	★★★★■
Orange	45	5	1 medium	★★★★■
Grapes	59	11	1/2 cup	★★★☆☆
Mango	60	9	1/2 cup	★★★☆☆
Banana (ripe)	62	16	1 medium	★★★☆☆
Pineapple	66	6	1/2 cup	★★★☆☆
Watermelon	76	8	1.5 cups	★★★☆☆
Dates (Medjool)	42	18	2 dates	★★★★■

RIPENESS SIGNIFICANTLY AFFECTS GI · ALWAYS CONSIDER PORTION SIZE

GI = Glycemic Index · GL = Glycemic Load · Low GI <= 55 · Low GL <= 10 · Values based on ripe fruit.

SMART FRUIT PAIRING

& TIPS GUIDE

Small tweaks that let you enjoy fruit every day — without second-guessing.

PAIR WITH PROTEIN

Nut butter, Greek yogurt, cottage cheese, or a handful of nuts. Protein slows digestion and keeps you full longer.

PAIR WITH HEALTHY FAT

Avocado, seeds, or dark chocolate alongside fruit blunts the glycemic response naturally — no willpower required.

KEEP THE FIBRE

Always choose whole fruit over juice. The fibre in whole fruit slows sugar absorption — it's the whole point.

TIMING MATTERS

Fruit eaten after a balanced meal has far less impact on blood sugar than eating it alone on an empty stomach.

LESS RIPE = LOWER GI

Under-ripe bananas and mangoes have significantly lower GI than fully ripe. Ripeness really does make a difference.

ALL FRUIT IS FINE

No fruit is off-limits. Higher GI options are still nutritious — just enjoy them in smaller portions or paired well.

BEST EVERYDAY CHOICES

Cherries · Strawberries · Grapefruit · Pear · Apple · Plum · Peach

All have GI 55 or below and GL of 6 or less per standard serving.