

Fruits on a Sugar High
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According to Susan M. Poore, RN, CNC, CPLC <http://www.balancedhealth101.com>, “Fruit gives us energy and should be an essential part of our diet. I develop plans for individuals all over the country who want to know, “**How much fruit should I eat?**” That answer has lots to do with their health challenges, their weight, medications and lifestyles!” Susan suggests “**eating a very balanced diet which includes consuming 2-3 servings of fruit and 5-7 servings of veggies everyday!** Dried fruits have a higher concentration of sugar because of the drying process. Therefore, dried fruits should be eaten in small quantities perhaps with a handful of nuts and seeds to create a nutrient packed snack.”

Below is a list of the top 10 fruits that are high in sugar:

1. Oranges
2. Tangerines
3. Grapefruit
4. Grapes
5. Bananas
6. Pomegranates
7. Pineapple
8. Kiwifruit
9. Mango
10. Pears

Oranges and grapefruits contain Vitamin C, folate, potassium and other nutrients, but they're mostly sugar. Eating an orange or grapefruit or drinking orange and grapefruit juice is like drinking soda-pop. Eat these fruits in moderation as they may cause blood sugar and insulin to spike.

Grapes can be really expensive, yet they have no nutritional value. A large portion of calories is from sugar <http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1920/2>. However, the red variety of grapes contains *some important* antioxidants. The bottom line is grapes are basically a sweet treat. And they're good for making fine wine.

Dr. Barry Sears <http://www.zonediet.com/>, one of the leading experts in the field hormonal responses induced by the diet and creator of the Zone Diet has dedicated the last 30 years of his research career to studying the links between diet, hormones, and health and is dedicated to restoring a state of health which can be controlled by reducing inflammation in your body.

According to Dr. Sears:

1. All fruits are relatively high in sugar, but they contain nutritive values. Berries will have the lowest impact on blood glucose levels, whereas tropical fruits will have the highest.

2. The increase in sugar content is due to genetic cross-breeding for thousands of years. Wild fruits are much smaller and more bitter.

3. Fruits are very rich in polyphenols that help decrease oxidation and inflammation. However vegetables have a better polyphenol to carbohydrate ratio than to do fruits.

4. Males can usually eat about two servings of fruits per day without any negative consequences, whereas females are better off with about one serving of fruit per day. The vast majority of the other carbohydrates should come from vegetables and have a small portion of low-fat protein and dash of monounsaturated fat at every meal.

“All fruits are rich in sugar. This is why the glycemic index is the best indicator of the best fruits to use.” Dr. Barry Sears

Fruits are an important part of a healthy diet because they're packed with rich nutrients, vitamins and minerals. Diabetic patients must select the 'right' types of fruits to *avoid increasing* their glucose level in their blood stream. Remember 'every body' is different. Consult with a physician or nutritionist to find out the fruits that 'work' for your body.