

FRUITS

2-4 SERVINGS PER DAY (1 serving = 1 small - medium fruit, 4 oz; 1 cup fresh, ½ cup canned)



Why do so many people hate vegetables yet love fruit? Because fruit is sweet! And it is this very sweetness that can get us into trouble. When I discuss nutrition with my patients I often hear, “Don’t worry, I eat ‘LOTS’ of fruit.” That’s both good and bad. I am glad you like fruit, however most obese people only want the sugary, high calorie fruits. And lots of them.

FIRST – no fruit juice. Eat the whole fruit. You want the fiber and nutrients. Fruit juice is nothing more than carbs. And, you naturally tend to get more fruit than you would otherwise.

SECOND – avoid smoothies. While smoothies do have the whole fruit, most people tend to ‘overdo it’ and get more than they need. If you keep portions and servings in check, this can be a great way to get both your fruit and vegetables.

THIRD – let fruit be your dessert; avoid high calorie sweets like pie, cake, pastries, etc.

FOURTH – if you are overweight and/or have diabetes, avoid high carbohydrate (glycemic index) fruits.

If you are losing weight or diabetic, you really need to be careful with fruit. Many have *LOTS* of sugar. The National Institute of Diabetes and Digestion and Kidney diseases (NIDDK) states that fruit is healthy for persons with diabetes and that even the high glycemic index fruits can be a part of a healthy diet in moderate amounts. The problem is, after 30 plus years of dealing with obesity, obese people do not know the word moderation! That is precisely why you are obese. Hopefully, this book will help shape new behaviors that can allow you to approach food in a moderate fashion.

For more diet and lifestyle tips, visit FormulaMedical.com

If you are overweight or diabetic, you ***must*** avoid high GI fruits.

The ONE fruit category you should have every day is – berries.

These are abundant in the phytonutrients that help prevent Alzheimer's and other chronic disease. Try to have at least three times a week.

- Blueberries
- Blackberries
- Strawberries

FRUITS EVERYONE SHOULD AVOID

These fruits have a very concentrated source of sugar that is guaranteed to sabotage any weight loss plan:

- Dried fruit – it is a *concentrated* source of sugar.
- Fruit juice – all sugar without the benefits of fiber and other nutrients.

FRUITS TO AVOID IF YOU ARE OVERWEIGHT OR HAVE DIABETES

Remember, fruits are great sources of nutrients, but they are not calorie free. If you want something you can eat all you want, choose low-starch vegetables (under 5 grams of carbs per 100 grams). NO fruit is under 5% carbs. So, although good for us, too much of a good thing is BAD!

High glycemic index fruit

- Pineapple
- Watermelon

High carbohydrate fruit (>15 grams carbohydrate per 100 grams fruit).

- Cherimoya
- Figs (2-3 figs)
- Grapes (American or European type) (1 cup)
- Guava (1 fruit)
- Litchi (6 lychee)
- Pears (1 small, ½ large)
- Persimmon (Japanese) (1 fruit)
- Pomegranate (1 cup arils, seeds)
- Sweet cherries (1 cup, 21 cherries)



Average nutrition

Calories, 80; protein 1 gram; carbs, 20 grams; fiber 3 grams

Fruits To Enjoy Daily

This list of fruit is sorted by increasing amount of carbohydrates and calories per 100 grams. If you are trying to limit carbs, limit fruits that are on this list.

For more diet and lifestyle tips, visit FormulaMedical.com

Fruit with 10-15% carbs (10-15g/100 grams).

- Apples (golden, granny, gala, red delicious, fuji)
- Asian pear
- Blueberries (wild, commercial)
- Carissa
- Clementine
- Cranberry
- Currant
- Gooseberry
- Grapes, muscadine
- Ground cherry (cape gooseberry)
- Guava
- Kiwifruit
- Lime
- Longan
- Loquat
- Mammy apple
- Mango
- Navel orange
- Nectarine
- Orange, California
- Orange, Florida
- Papaya
- Pear (Red Anjou, Bartlett)
- Pineapple
- Plains pricklypear
- Plum
- Raspberry
- Roselle
- Salmonberries
- Sour cherry
- Tangerine

Average nutrition

Calories, 50; protein 0.8 gram; carbs, 12.5 grams; fiber 2.5 grams

Under 10% carbs (10g/100grams).

- Rhubarb
- Rose apple
- Casaba melon

For more diet and lifestyle tips, visit FormulaMedical.com

- Carambola
- Oheloberry
- Pitanga
- Strawberry
- Acerola
- Avocado
- Grapefruit
- Cantaloupe
- Cloudberry
- Huckleberry
- Honeydew
- Grapefruit
- Lemon
- Peach
- Prickly pear
- Blackberry
- Pummelo
- Mulberry

Average nutrition

Calories, 44; protein 1 gram; carbs, 8 grams; fiber 2 grams