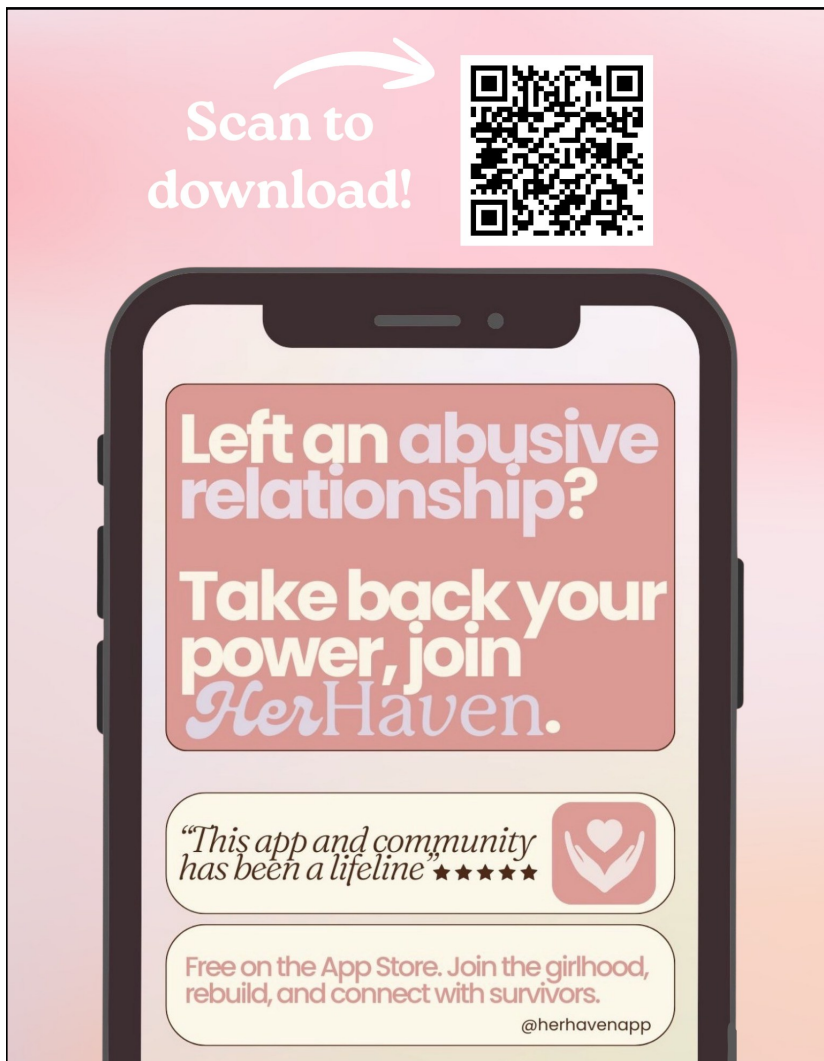


Health Department



Find us on Facebook, at the Siletz Community Health Department



Lets talk diabetes, good and bad fruits!

Below is a list of 20 popular fruits, can you guess which ones are diabetic friendly?

Apples, avocado, bananas, black berries, blueberries, cantaloupe, grapes, grapefruit, kiwi, mandarins, oranges, peaches, pears, pineapple, plums, raspberries, sour cherries, strawberries, sweet cherries, and watermelon.

Although most fruit are healthy and have vitamins and minerals that our bodies need, not all fruit are friendly when it comes to our blood sugar levels. There are a few things that can play a factor here such as: the number of carbs it has (what our body breaks down into sugar), how much fiber it contains (can offset the carbs by subtracting the fiber from the carbs to get your net carbs), what the glycemic index is (how fast our body breaks these down into sugar which can cause rapid sugar spikes).

What if my favorite fruit isn't diabetic friendly?

The information provided here is to let you know that even though fruit is healthy, it may not all be diabetic friendly. Any fruit in the green bowl is diabetic friendly and you don't have to worry too much about having significant blood sugar spikes.

Any fruit in the yellow bowl are ok to eat but do cause moderate blood sugar spikes. Any fruit in the red bowl can cause steep blood sugar spikes so keep that in mind if you are taking any medications or worried about your blood sugar levels. You can still enjoy the fruit in the red bowl, but you would want to watch the amount that you consume as it can escalate your blood sugar levels higher than what you would want them to be or higher than is safe.

Here are a couple great ways to help you regulate your blood sugar levels

Go out for a walk after you eat, this will help any blood sugar spike lower more rapidly. Add more healthy fiber to your diet. When you increase your intake, the fiber helps offset your carbs by subtracting giving you net carbs (Note: carbs - fiber = net carbs) and also slows down the sugar spikes making them more gradual.

Some of these fruits have fiber in them making them a great option to have. Almonds, chia seeds, and flaxseed are a great source of fiber that pair well with fruit. This means you could add that to your meals to help offset your carbs and reduce their impact on your levels. Remember, berry season starts soon so make sure you have your walking shoes, plenty of water, and don't forget your basket!

For diabetes related info, please reach out to Kimberly Lane, Diabetes Program Manager by emailing KimberlyL@ctsi.nsn.us or call 541-444-9679.

