

New Zealand

Diabetes Guides

diabetesguides.co.nz



FRUIT

For more guides like this visit us at
diabetesguides.co.nz




























facebook.com/diabetesguidesnz/



instagram.com/diabetesguidesnz/

FRUIT

Fruit		Per 100 grams					Per Serve							
		Calories	Carbs	Sugars	Fat	Protein	Dietary Fibre	Serving Size	Calories	Carbs	Sugars	Fat	Protein	Dietary Fibre
	Apple	54	14	10.3	0.2	0.4	2.1	1 Medium	72	19	14.3	0.2	0.4	3.3
	Avocado	167	10	0.7	15	3.3	3.3	1 whole	322	17.2	1.3	29.5	4	13.5
	Banana	87	23.8	15.1	0.3	0.8	2.4	1 Medium	105	27	14.5	0.4	1.3	3.1
	Blackberries	43	10	4.9	0.5	1.4	5	1 Cup	62	13.9	7	0.7	2	7.6
	Blueberries	57	14	10	0.3	0.7	2.4	1 Cup	83	21	14.5	0.5	1	3.5
	Bozenberries	50	12	7	0.3	1.1	5	1 Cup	66	16	9	0.3	1.5	7
	Grapefruit	39	9.7	7.1	0.1	0.6	1.3	1 Medium	104	26	16	0.4	1.8	4
	Grapes	71	18.3	15.9	0.4	0	0.8	1 Cup	62	16	15	0.3	0.6	0.8
	Honeydew Melon	37	9	8.2	0.1	0.7	0.7	125g wedge	45	11	10	0.2	0.7	1
	Kiwifruit	61	13.5	8.8	0.7	0.7	2.7	1 medium	42	10	6	0.4	0.8	2.1
	Lemon	26	8.6	3.4	0.3	0	3.4	1 Medium	17	5	1.5	0.2	0.6	1.6
	Lime	30	10.4	1.7	0.2	0	3	1 Medium	20	7	1.1	0.1	0.5	1.9
	Mandarin	53	13	11	0.3	0.8	1.8	1 Medium	45	11.2	8.9	0.3	0.7	1.5
	Nectarine	43	10.7	7.9	0.4	0.7	1.4	1 Medium	63	15	11	0.5	1.5	2.4
	Orange	52	12.3	9.1	0.1	0.6	1.9	1 Medium	62	15	12	0.2	1.2	3.1
	Peach	41	10.2	8.8	0.3	0.7	1.4	1 Medium	59	14	13	0.4	1.4	2.3
	Pear	60	15.7	9.6	0.1	0.6	3.6	1 Medium	102	27	17	0.2	0.6	6
	Pineapple	45	11.6	8.9	0.1	0.9	0.9	1 Cup	82	22	16	0.2	0.9	2.3
	Plums	46	12.6	10.6	0.3	0.7	1.3	1 Medium	30	8	7	0.2	0.5	0.9
	Raspberries	52	11.9	4.4	0.7	1.2	6.5	1 Cup	65	15	5	0.8	1.5	8
	Rock Melon	37	9	8.2	0.2	0.7	0.7	100g wedge	34	8	8	0.2	0.9	0.9
	Strawberries	34	7.5	5.4	0.3	0.7	1.4	1 Cup	47	11	7	0.4	1	2.9
	Sweet Cherries	71	18.6	11.4	0.3	0.7	0.7	1 Cup	51	13	9	0.3	1	1.6
	Tangerine	46	11.9	8.3	0.3	0.9	1.8	1 Medium	47	12	9	0.3	0.7	1.6
	Watermelon	29	7.5	7.1	0.2	0.4	0.4	285g wedge	87	22	18	0.4	1.7	1.1



Low Calorie Smoothie

Serves 1 - (approx 205 Calories)

Ingredients:

- 1 Banana
- 1/2 cup Berries (Blackberries, Raspberries, Strawberries etc.)
- 1 tsp Ground Chia
- 1 tsp Psyllium Husk
- 1 cup low Calorie Coconut water

Method:

Blend all ingredients together in a blender for about a minute

Options:

- Swap the Banana for an Apple
- Swap the berries for a green or gold kiwifruit
- Add in Almonds - 8 almonds = 45 Calories approx.



Apple Berry Crumble

Serves 8

Filling Ingredients:

- 3 cups sliced peeled baking apples
- 2 cups berries – Boysenberries, Raspberries, Blackberries, Blueberries
- 2 tablespoons sugar substitute
- 1 teaspoon lemon juice
- ½ teaspoon apple pie spice

Topping Ingredients:

- ½ cup rolled oats
- ¼ cup sugar substitute
- 3 tablespoons all-purpose flour
- ¼ teaspoon apple pie spice
- 3 tablespoons butter

Method:

- Preheat oven to 190°C.
- In a large bowl combine all the filling ingredients. Place filling into a 2 litre baking dish.
- In medium bowl, combine all the topping ingredients. Cut in butter until mixture resembles coarse crumbs. Sprinkle topping over filling.
- Bake for 30 to 35 minutes or until the apples are tender and topping is golden brown.



Summer Fruit Salad

Ingredients:

- 1/2 cup fresh blueberries
- 1/2 cup fresh blackberries
- 1/2 cup fresh raspberries
- 1/2 cup fresh strawberries, hulled and sliced
- 2 medium-size ripe kiwifruit, thinly sliced
- 1 cup seedless grapes
- 2 tablespoons fresh lime juice

Method:

Combine all ingredients in a large bowl and toss to blend. Allow the fruit salad to stand for 20 minutes before serving to allow flavors to blend.