Complementary blog post: How Does Fresh Fruit Affect Your Blood Sugar Levels?

Subject: What Fresh Fruit Has the Least Sugar?

{firstname}

Are you trying to eat more fresh fruit but you’re worried about the potential sugar content?

For years, doctors and nutritionists have been trying to get us to eat more fruit. We’re told fruits contain a high level of nutrients needed to stay healthy and happy. However, now we’re being told that not all fruits are good for you.

As if we needed more to worry about when it comes to our daily diet, now we’re apparently supposed to pay attention to the sugar contained in fresh fruits.

If you’re tired of reading food labels and stressing over what you should and shouldn’t be eating, here we’ve compiled a little list of what fresh fruit has the least sugar.

Which fruits have the highest sugar content?

Before we delve into the fruits with the lowest sugar content, let’s take a look at the ones with the highest.

Raisins, pomegranates, grapes and mangoes appear to top the charts in terms of sugar count. There’s a staggering 43g of sugar in just ½ cup of seedless raisins. A medium pomegranate is also said to contain 38g of sugar.

Of course, these are natural sugars, but they’re sugars nonetheless. Apples and pears surprisingly don’t do much better either; two of the most commonly eaten fruits available.

However, while these fruits are high in sugar, provided they are eaten in moderation, their health benefits far outweigh the sugar content.

The fruits with the lowest sugar

So, now we’ve taken a look at the worst culprits, let’s look at the best. If you want to consume a lot of fruit in your daily diet, you’ll want to focus on the following:

* Avocado
* Lime
* Raspberries
* Strawberries
* Rhubarb

The most surprising fruits on the list are berries. As they’re naturally quite sweet once they’ve ripened, you’d assume they contain a high amount of sugar. However, they’re actually quite low in sugar, containing just 5g-7g of sugar per cupful.

If you’d like to know more about how fresh fruit can affect your blood sugar levels, check out our blog on the website.

LINK

Overall, it’s a common misconception that all fruits are equally as good for the body. If you’re diabetic or simply trying to control your blood sugar levels however, it’s important to be aware of the natural sugar content found in different fruits.

{Sign off}