

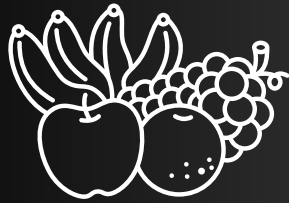


FRUIT GUIDE

FRUITS: AM I ALLOWED TO HAVE IT?



We'll be honest. We were going to disallow fruit because it is high in sugar, but decided that giving you guys foods that would help you to comply with the meal plan is more important than having it be totally perfect.



Whether you're dieting or not, any fruit is better than none! After all, every fruit (high-sugar or not) has at least some nutritional value, and they're all better for you (and your waistline) than a pint of beer. Generally speaking, we should eat more fruit, not less.

If you're wondering whether to grab an apple or a banana, below are 3 higher-sugar fruits to avoid as well as more ideal options you could have if you really feel the need.

YES



BERRIES

Small, sweet, and packed with nutrients. Berries are one superfood that can impact your health far more than the typical fruit with only 50-90 calories per cup and 3-5 grams of fiber depending on the type of berry. Toss berries into your salads or add a dollop of 0% Greek Yogurt to a bowl of mixed berries and snack on them!



APPLES

A small apple has a GI of 28 compared to a banana's 70. They take longer to digest, has 5 grams of fiber compared to 3 grams in bananas and they're loaded with disease-fighting antioxidants for only 65-80 calories. Eat them whole, or spread them with almond or peanut butter for extra staying power!



GRAPEFRUIT

For the same amount of weight as an orange, half of a medium-sized grapefruit has only 25 GI compared to 50 for an orange. It also provides only 46 calories while orange has 62. Add grapefruit slices to a summer salad or toss bits of it with green onions and rice vinegar and serve alongside salmon!

NO



WATERMELON

It's lower in fiber and higher in sugar than many other fruits out there.



BANANAS

They are high in calories with 100-120 and have a higher glycemic index than any other fruits.



ORANGES

Oranges are okay to eat but just be careful as they do have more sugar and calories than some other citrus fruits. Stay clear of the juice as it's almost if not as much sugar as a can of Coke.

