

Choose foods that will make a difference in your Health & Wellness and leave your body happy.

Fruits from Low to High Sugar

Low Sugar _____

Lime	1.1gr per fruit
Lemon	1.5gr per fruit
Rhubarb	1.3gr per cup
Apricots	3.2gr per small
Tomatoes	4gr per medium
Cranberries	4gr per cup
Guavas	4.9gr per fruit
Raspberries	5gr per cup
Kiwifruit	6gr per fruit
Blackberries	7gr per cup
Strawberries	7gr per cup
Figs	8gr per medium fig
Grapefruit	8gr per half
Cantaloupes	8gr per large wedge
Tangerines	9gr per medium

Medium Sugar _____

Nectarines	11.3gr per one small
Papaya	12gr in one small
Oranges	12gr in one medium
Melon	13gr one wedge or 14cup of honeydew balls
Cherries	13gr per cup
Peaches	13gr per one medium

High Sugar _____

Blueberries	15gr per one cup
Grapes	15gr per one cup
Pineapple	16gr per slice
Pears	17gr per medium
Bananas	17gr per one large
Watermelon	18gr per one wedge
Apples	19gr per one small
Pomegranate	39gr per whole fruit or 5gr for 1 oz
Mangos	46gr per fruit
Prunes	66gr per cup
Raisins	86gr per cup
Dates	93gr per cup

****Think about reducing portions for less sugar and try to eat fruits of the season.***

High Fiber Foods

Grains _____

Whole wheat
Bulgur
Quinoa
Oatmeal
Barley
Rye
Buckwheat
Brown rice

Vegetables _____

Peas
Broccoli
Sweet potatoes
Celery

Beans/Legumes _____

Cannellini
Kidney
Black beans
Navy beans
Chickpeas
Lentils

Lowering-Fat (saturated) _____

Cut back on Beef, Lamb, Pork
Cut back on Dairy – butter, cheese, whole-fat yogurt, milk
NO Trans-Fat – processed snacks and fried foods

Elevating HDL – Good Cholesterol _____

Avocado-high in calories & fat –use ½ serving

Anti-oxidant Rich Foods _____

Dark chocolate (in moderation – sugar/cal)
Berries
Beets
Purple cabbage
Red grapes
Kale
Spinach
Red bell peppers

****Soup can be a wonderful healthy go-to meal or snack – careful on how much sodium is used when making any meal.***