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11 Best Low-Sugar Fruits



Overview

Watching your sugar intake is a good idea, but taming your sweet tooth can be an incredibly difficult feat.

Perhaps you've already cut out processed sugars, but didn't realize how much sugar is contained in fruit. Or maybe you live with diabetes and want to know which fruits will have the least impact on your blood sugar.

While fruit also contains lots of other healthy nutrients, some varieties are higher in sugar than others. Learn which fruits are lowest in sugar content so you can satisfy your sweet tooth without breaking the sugar bank.

1. Lemons (and limes)

High in vitamin C, lemons and their lime green counterparts are fairly sour fruits. They don't contain much sugar (only a gram or two per lemon or lime) and are the perfect addition to a glass of water to help curb your appetite.

2. Raspberries

With only five grams — a bit more than a teaspoon — of sugar per cup, and lots of fiber to help fill you up, raspberries are one of several amazing berries to make the list.

3. Strawberries

Strawberries are surprisingly low in sugar considering they taste so sweet and delicious. One cup of raw strawberries has about seven grams of sugar, along with over 100 percent of the recommended daily intake of vitamin C.

4. Blackberries

Blackberries also only have seven grams of sugar per cup. You don't have to feel guilty snacking on these dark colored berries. As a bonus, they're also high in antioxidants as well as fiber.

5. Kiwis

These odd fuzzy green-fleshed fruits are technically considered a berry too. Kiwis (or kiwifruits) are rich in vitamin C and low in sugar — with just six grams per kiwi. You can find kiwis all year-round at the grocery store.

6. Grapefruit

Another citrus fruit to make the list is grapefruit. While grapefruits certainly don't taste as sweet as a grape, they make for a great breakfast with only nine grams of sugar in half of a medium-sized grapefruit.

7. Avocado

While not exactly the first thing that comes to mind when you think of fruit, avocados are indeed fruits, and naturally low in sugar. An entire raw avocado only has about one gram of sugar. What avocados do have a lot of are healthy fats, which will help keep you satiated.

8. Watermelon

Watermelons are the iconic summer fruit. They may seem like a treat, but they're low in sugar. A whole cup of diced up watermelon has under 10 grams of sugar. A bonus of eating watermelon is it's also a great source of iron.

9. Cantaloupe

Cantaloupes owe their orange color to a high vitamin A content. A cup of this delicious melon contains less than 13 grams of sugar. This may be a bit higher than other fruits, but keep in mind that a 12 ounce can of soda has nearly 40 grams of sugar, and very little nutritional value.

10. Oranges

Oranges are another great way to enjoy a sweet snack without all the calories and sugar, while also boosting your Vitamin C intake. A typical naval orange has about 12 grams of sugar per fruit and less than 70 calories.

11. Peaches

Peaches can be incredibly sweet, but at less than 13 grams of sugar in a medium-sized fruit, they can still be considered low in sugar for a fruit.

Takeaway

These 11 low-sugar fruits contain between one and 13 grams of sugar, but remember that serving size makes all the difference. A serving of watermelon is just one cup, so indulging in three or four cups of watermelon can easily put you somewhere near a can of sugary soda in terms of sugar.

Of course, all fruit contains a lot more vitamins, minerals, and fiber compared to sugary processed snacks. High fiber foods slow down digestion, which means your blood sugar won't spike as quickly after eating fruit. As with most things in life, moderation is key.

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