

GETTING REAL ABOUT FRUIT AND diabetes

Why fresh grapes (and other fruit) fit in a diabetic diet.

If you are living with diabetes or pre-diabetes, you already know that treatment and prevention, including diet, are critical. Individuals can react differently to certain foods, so working with a dietitian on a diet plan that meets your specific needs is important.

There is much confusion around including fruit in the diet.





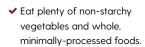
People with diabetes should not eat fruit, such as grapes.

Reality:

Fruit, including grapes, can fit well into a balanced diet for people with diabetes.



The healthy diet for diabetes that is recommended by the American Diabetes Association¹ (ADA) looks a lot like a healthy diet for the general population:



- ✓ Minimize added sugars and refined grains.
- Choose carbohydrate foods, including fruit, that have vitamins, minerals, and fiber, and are low in added sugars, sodium, and unhealthy fats.



A healthy Diet is Key Why Grapes Can fit

The ADA lists a 1/2 cup of grapes or 10 grapes as a serving of fruit in the diet of people with diabetes.

- 1. Grapes are a low glycemic food. Low glycemic foods cause a lower and slower rise in blood sugar.
- 2. Half of grape sugars are fructose, which is absorbed and metabolized more slowly than other types of sugars.
- 3. Grapes are a good source of vitamin K, which has been linked to healthy insulin and glucose levels.
- 4. Research suggests that grapes are one of four fruits associated with significantly reduced risk of type 2 diabetes.2
- 5. Grapes have no fat, no cholesterol, and virtually no sodium, plus they are a natural source of beneficial antioxidants and other polyphenols.



Grape Pairings for halanced Snacks

Combine grapes with protein and fat to balance the bite.

- ✓ Enjoy grapes with tuna salad for a quick lunch or snack.
- ✓ Pack a snack to go of grapes and cheese, or a hard-cooked
- Skewer turkey and grapes for a tasty bite.
- ✓ Pair grapes with nuts or nut butter for a refreshing contrast in flavor and texture.



Go with Grapes from California eyery day for a whole bunch of healthy

² Muraki, I., Imamura, F., Manson, J.E., Hu, F.B., Willett, W.C., van Dam, R.M., Sun, Q. (2013). Fruit consumption and risk of type 2 diabetes: results from 3 prospective longitudinal cohort studies. BMJ 2013; 347:f5001 doi: 10.1136/bmj.f5001.









¹American Diabetes Association. Eat good to feel good. https://www.diabetes.org/healthy-living/recipes-nutrition/eating-well