



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.

Myth: 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.



A *healthy* Diet is Key

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:

- ✓ Eat plenty of non-starchy vegetables and whole, minimally-processed foods.
- ✓ 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.



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 *balanced* 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 egg.
- ✓ 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 every day for a whole bunch of *healthy*

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

²Muraki, 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.