

# Can I Eat Fruit?

Yes, and you should! Fruit has lots of vitamins, minerals, and fiber. However, all fruit has sugar. Make sure to have small portions of fruit if you have diabetes or prediabetes. Eat 2 servings of fruit daily, but eat only 1 serving at a time! Wait 3 hours or more in between 1 serving of fruit and the next.



Type of Fruit	Serving Size
Apple	Size of a tennis ball
Applesauce (no sugar added)	1/2 cup
Banana	1/2 large banana or 1 small banana (less than 6 inches long)
Blackberries	1 cup
Blueberries	3/4 cup
Cantaloupe (cubed)	1 cup
Cherries (not from the jar)	12 whole cherries
Clementines	2-3 whole clementines
Dried cranberries (“Craisins”)	2 tablespoons
Fruit cocktail (in natural juice)	1/2 cup
Grapes	17 whole grapes
Grapefruit	1/2 of a whole grapefruit



Type of Fruit	Serving Size
Honey dew	1 cup
Mango	1/2 cup
Orange	A little larger than a tennis ball
Papaya	1/2 cup
Peach	Size of a tennis ball
Pear	Size of a tennis ball
Pineapple	1/2 cup
Plantain	1/2 cup
Plum	Size of a tennis ball
Prunes	1-2 pieces
Raisins	2 tablespoons
Raspberries	1 and 1/4 cup
Strawberries	1 cup
Watermelon	1 and 1/4 cup



**Talk to your CHN nutritionist if you have more questions!**