

<https://glycemic-index.net/glycemic-index-of-fruits/> 3/911/11/24, 9:54 AM Glycemic Index and Glycemic Load of Fruits Complete Chart

Fruit, followed by its glycemic index then its glycemic load

Apricot 34 3.8  
Apricots (canned in syrup) 60 12.9  
Quince (canned / jelly without sugar) 40 3.8  
Quince (canned / jelly with sugar) 65 7.2  
Quince (fresh fruit) 35 3.4  
Cherry plum 25 0.0  
Pineapple 66 8.6  
Pineapple (canned in syrup) 65 10.1  
Orange (fresh fruit) 35 4.1  
Watermelon 75 5.6  
Acerola, Barbados Cherry (fresh) 20 0.1  
Banana 48 10.1  
Dessert Banana (Green) 45 15.7  
Dessert Banana (ripe) 60 13.1  
Platano (raw) 45 14.4  
Bananas (Dried) 48 42.4  
Grapes, green (raw) 45 5.4  
Grapes, red (raw) 45 8.1  
Grapes 56 9.6  
Grapes, black 59 11.0  
Cherry (sweet, fresh) 25 4.0  
Blueberry 25 2.0  
Pomegranate (fresh) 35 6.7  
Grapefruit 22 0.0  
Canned Grapefruit 47 4.3  
Pomelo, shaddock (fresh) 25 2.0  
Pear (fresh fruit) 30 4.7  
Melon pear (pepino) 40 8.0  
Canned pears 55 8.6  
Pears (dried) 43 26.9  
Melon 65 5.2  
Blackberry (fresh berry) 25 2.5  
Yellow gooseberry 15 1.8  
Raisins 65 51.5  
Raisins (red and gold) 65 46.8  
Fig (fresh) 35 6.7  
Fig (dried) 50 28.9  
Kiwi 50 7.3

## Straw

berries (fresh berries) 25 1.9  
Cranberries (fresh) 45 5.5  
Dried apricots 35 21.2  
Lemon (Fresh Fruit) 20 0.6  
Lychee (fresh fruit) 50 7.6  
Lychee (canned syrup) 79 14.8  
Raspberries (fresh berries) 25 3.0  
Mango 56 8.4  
Mandarin 30 3.9  
Tangerine (canned) 47 4.2  
Passion fruit 30 6.9  
Cloudberry (fresh berries) 25 1.7  
Medlar japanese plum 55 5.7  
Nectarine (fresh fruit) 35 4.1  
Sea buckthorn 30 0.8  
Prickly pear (fresh fruit) 35 3.4  
Papaya (fresh) 60 5.5  
Pepino, melon pear 40 8.0  
Peach (canned in syrup) 55 8.1  
Peach (fresh fruit) 35 4.0  
Dried Peaches 35 20.2  
Platano (cooked) 70 27.4  
Plantano (Raw) 45 13.6  
Breadfruit 65 17.6  
Pomelo 30 3.0  
Passion fruit, granadilla (fresh) 30 4.0  
Plums (fresh) 35 3.9  
Red currant (fresh berry) 25 1.9  
Black currant (fresh berry) 15 1.1  
Dried fruits 60 49.8  
Tangerines, tangerines, satsuma (fresh) 30 3.9  
Physalis 15 0.6  
Dates 70 48.4  
Dried dates 40 27.7  
Persimmon, persimmon eastern (fresh) 50 7.7  
Sweet cherry 25 0.1  
Blueberries 53 4.0  
Prunes 40 25.6  
Dried apples 35 20.6  
An Apple 36 5.0  
Applesauce (unsweetened) 35 4.0  
Goji berries 25 13.3