

List of Fruits with their Fructose Content Combined with their Glycemic Index (G.I.)

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Low Fructose		
Good G.I.	Borderline G.I.	Bad G.I.
Bilberry	Banana (unripe)	Apricot
Blackberry	Guava	Fig (raw)
Gooseberry	Tangerine	Kiwi
Grapefruit	Satsuma	Melon
Lemon	Mandarin	Cantaloupe
Lime	Orange	Gala
Loganberry	Peach	Pineapple
Nectarine	Plum	Watermelon
Pomelo	Greengage	
Raspberry	Victoria plum	
Redcurrant	Damson	
Whitecurrant	Strawberry (cultivated)	
Wild Strawberry		
Vegetable-Fruits		
Avocado		
Tomato		

Medium Fructose
Good G.I.
Blackcurrants
Cherries

High Fructose	
Borderline G.I.	Bad G.I.
Apples (all)	Banana (ripe)
Dates (raw)	Custard Apple
Lychees	Grapes
Pear (all)	Mango
	Persimmon (Kaki, Sharon)
	Prickly pear
	Kaki
	Sharon