

# FRUIT EXCHANGE LIST

One exchange of fruit contains approximate 15 grams of carbohydrate, no protein or fat, and 60 calories<sup>1</sup>. Fruits in the amounts listed below equal one exchange. Fruits should be taken along with edible skin and seeds.

**Apple, small (2 inches) = 4 Apricots (Medium) = ½ Banana (9 inch long)**



**12 Cherries (Large) = 1 small cheekoo (saputa) = 3 Dates**



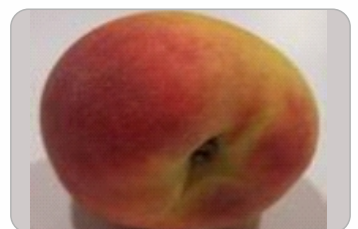
**2 Figs = 15 grapes = 1 Guvava (medium)**



**1 Kiwi = ½ Mango small, 1 slice Mango large = ¼ medium musk melon**



**1 Orange = 3 slices papaya (medium size) = 1 medium peach (2.5 inch)**



**2 plums = ½ pomegranate = 2 slices pineapple**



**1 small pear = 1 ½ cup strawberry = 1¼ cup water melon cubes**



The Content is not intended to be a substitute for professional medical advice. Always seek the advice of your doctor or other qualified healthcare provider with any questions you may have regarding a medical condition or medical treatment.

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1. Misra R. (2011). Indian foods: AAPI's Guide to Indian Foods: AAPI's Guide to Nutrition, Health and Diabetes, 2nd edition, Allied Publishers, Chennai, ISBN: 978-81-8424-687-2 Page- 89- 90. <http://diabetesindia.com/diabetes-causes-preventions/patients/control-of-your-diet/vegetarian/fruits-list.html> accessed on 14th APRIL 2020.