

Best Fruit for Type 2 Diabetes

*net carbs

Per
1/4
cup



4.2g



5g



5.3g

Per
1/2
cup



1.8g



3.3g



4.2g



4.3g



5.8g



8.9g



10.4g

Per 1
small
fruit



2g



4.8g



6.4g



6.6g



7.7g



7.9g



10g



DIABETES
MEAL PLANS.com