

Natural Health Tips

Are Some Fruits Sweeter Than Others?

Or: Do grapes really make you fatter?

There seems to be some confusion surrounding the caloric / sugar contents of various fruits. From the long list of members of this great food category provided to us by nature, there are three specimens that are very different from the others. These are the avocado, the coconut and the tomato.

If you are surprised to see one or two of them listed here, you are not alone. Yes, all these three guys are fruits - and they're all delicious. But unlike most other fruits, avocados and coconuts have a relatively high amount of calories - and the reason for this is the source: fat more than sugar.

In the case of avocado - we are talking about good fats - big time! The good kind that lowers your blood cholesterol. Not so much in the case of the coconut, that is rich in saturated fats - another characteristic that makes it a weird exception from another rule, namely that saturated fats are an attribute of foods from animal sources only.

On the other end of the spectrum - tomatoes have a much lower caloric content than other fruits.

What about all the other fruits? They all get their calories from the sugars in them (mainly from the simple monosaccharide called fructose) and they have all in average a similar caloric value. While their glycemic index can vary pretty much, most fruits have all about the same amount of sugar/ calories as an average apple (70 calories in about 5.5 oz fruit). This includes berries (except strawberries), cherries, clementines, fresh figs, kiwis, mangos, mulberries, pineapples, plums, pluots.

The following fruits have lower amounts of sugar: apricots, nectarines, melon and watermelon, oranges and tangerines, papayas, peaches, while cranberries, strawberries, grapefruits and pummelos have the lowest amount of sugar. Bananas, grapes and guavas are sweeter than the average group (banana - 100, grapes and guava 90).

Melons, watermelons, pineapples, mangos, bananas, kiwis and grapes have the highest glycemic index. When consumed, the sugar they contain is absorbed faster into the blood. Put simple, the higher the glycemic index of a food - the higher the chances the body will build fat from its sugar. This is not to say the fruits above are not recommended. Fresh fruits are a very healthy food, packed with vitamins, minerals, antioxidants, fiber and the purest water.

Eat 2-3 fruits (one serving is considered 6 oz) daily - just make sure they're not all from the sweetest category.