

Fruits in Phase 3 & 4



The fruits listed under phase 4 can have a higher sugar and/or starch content that experience shows should be used in Phase 3 in small amounts. If you notice a spike in weight it would be best to wait until Phase 4 to add them. Dried fruits will usually have more natural sugar than fresh fruits because the dehydration process removes the water normally found in the fruit, leaving the sugar in a highly concentrated little parcel.

Phase 3	Phase 4
<p>Apples Applesauce, Unsweetened Apricots Avocado Blackberries Blueberries Cranberries Grapefruit Guava Kiwi Orange Peach Raspberries Rhubarb Strawberries Tangelo Tangerine</p>	<p>Bananas Cantaloupe Cherries Dates Dried Fruit Figs Grapes Honeydew Mango Nectarine Papaya Pears Pineapple Watermelon</p> <p>Note: List is based on the experience of hundreds of clients</p>

Fructose, the natural sugar found in fruit, is a single sugar, that has the same chemical formula as glucose (table sugar) but a different molecular structure. Fructose has a lower glycemic index than glucose, meaning that it causes less of a rise in blood sugar. You also have the added benefit of vitamins and antioxidants. When reading labels make sure you ascertain if the sugar content is a natural sugar (from fresh fruit) or if sugar is added. Apple juice might show a high sugar content but if apples are the only ingredient you are ok.