

NUTRITIONAL CHART FOR FRUIT

	calorizs	fat(g)	protein(g)	carbs(g)	fiber(g)	sugar(g)	sodium(mg)
Apple (1 medium; 182g)	95	0.3	0.5	25	4.4	19	2
Apricot (1 apricot; 35g)	17	0.1	0.5	3.9	0.7	3.2	0
Avocado (half medium; 145g)	116	10.5	1.5	6	5	0.5	5
Banana(1 medium; 118g)	105	0.4	1.3	27	3.1	14	1
Blackberry (1 cup; 144g)	62	0.7	2	14	8	7	1
Blueberry (1 cup; 148g)	85	0.5	1.1	21	3.6	15	1
Boysenberry (1 cup; 132g)	70	0.5	1	16	7	9	0
Cantaloupe (1 cup diced; 156g)	53	0.3	1.3	13	1.4	12	25
Cherry (1 cup w/o pits; 155g)	77	0.5	1.6	19	2.5	13	5
Coconut (1/4 cup shredded;20g)	71	6.75	0.7	3	1.8	1.25	4
Cranberry (1 cup whole; 100g)	46	0.1	0.4	12	4.6	4	2
Date (1 pitted date; 7.1g)	20	0	0.2	5	0.6	4.5	0
Dragon fruit (1 small; 198g)	60	0.4	2	14	1	17	2
Fig (3.5oz; 100g)	74	0	1	19	3	16	1
Grape (1 cup; 92g)	62	0.3	0.6	16	0.8	15	2
Grapefruit (half fruit; 123g)	52	0.2	0.9	13	2	8	0
Honeydew (1 cup diced; 170g)	61	0.2	0.9	15	1.4	14	31
Kiwi (1 fruit; 69g)	42	0.4	0.8	10	2.1	6	2
Kumquat (1 fruit; 19g)	13	0.2	0.4	3	1.2	1.8	2
Lemon (1 fruit; 58g)	17	0.2	0.6	5	1.6	1.5	1
Limes (1 fruit; 67g)	20	0.1	0.5	7	1.9	1.1	1
Mango (1 cup; 165g)	99	0.6	1.4	25	2.6	23	2
Nectarine (1 medium; 142g)	63	0.5	1.5	15	2.4	11	0
Oranges (1 medium; 131g)	62	0.2	1.2	15	3.1	12	0
Papaya (1 small; 157g)	67	0.4	0.7	17	2.7	12	13
Persimmon (1 fruit; 25g)	32	0.1	0.2	8	2	11	0
Peach (1 medium; 150g)	59	0.4	1.4	14	2.3	13	0
Pear (1 medium; 178g)	102	0.2	0.6	27	6	17	2
Pineapple (1 cup chunks; 165g)	82	0.2	0.9	22	2.3	16	2
Plantain (1 medium; 179g)	218	0.7	2.3	57	4.1	27	7
Plum (1 fruit; 66g)	30	0.2	0.5	8	0.9	7	0
Pomegranate (.5 cup seeds; 87g)	72	1	1.5	16	3.5	12	3
Prune (pitted)	418	0.7	3.8	111	12	66	3
Raisins (50 raisins; 26g)	78	0.1	0.8	21	1	15	3
Raspberries (1cup; 123g)	65	0.8	1.5	15	8	5	1
Strawberries (1 cup halves; 152g)	49	0.5	1	12	3	7	2
Tangerine (1 medium; 88g)	47	0.3	0.7	12	1.6	9	2
Watermelon (1 cup diced; 152g)	46	0.2	0.9	11	0.6	9	2

fruits

apple

Apples get an A+ in fiber content, since they contain a lot of the soluble fiber, pectin, that helps to lower cholesterol. They also contain some cancer-fighting flavonoids. Eating a whole apple is more nutritious than drinking apple juice, since the fiber, vitamins, and minerals may be processed out of the juices. When the flesh of an apple turns brown, it means some of the nutrients have oxidized and are lost.

apricot

Five apricots contain around the same number of calories as one apple, but they have much more protein, calcium, iron, vitamin K, zinc, vitamin A, and folic acid. Apricots are high in beta carotene, as well as potassium and fiber.

avocado

Avocados contain nearly 20 vitamins, minerals, and beneficial plant compounds; notably, potassium & fiber. Potassium can help lower blood pressure, and fiber may help reduce the risk of cardiovascular disease, obesity, and type-2 diabetes, as well as help provide a feeling of fullness. While avocados get the lion's share of their calories from fat, 75% of the fat is from heart-healthy unsaturated fats with no cholesterol.

banana

Bananas are known to reduce swelling, increase fat burning, protect against developing type-2 diabetes, aid in weight loss, strengthen the nervous system and help with production of white blood cells, all due to the high level of vitamin B6 that bananas contain. Contains high amounts of potassium, along with vitamin C, B5, B2, folate, manganese, potassium, copper, magnesium.

blackberry

Blackberries provide cognitive benefits and aid in enhancing memory, weight management, keeping the bones strong, healthy skin, improved vision and disease-free eyes, normal blood clotting and may also serve as a valuable food during pregnancy owing to an impressive gamut of healthful nutrients. Antioxidant, anti-cancer, healthy heart, immunity booster, & skin care.

blueberry

Blueberries have reached superstar status in terms of their unique health benefits, having one of the highest antioxidant capacities among all fruits, vegetables, spices and seasonings. They're low in fat and sodium, have just 80 calories per cup and contain a category of phytonutrients called polyphenols. Helps maintain healthy bones, lowers blood pressure, manages diabetes, warding off heart disease, preventing cancer, improving mental health, weight loss & fighting wrinkles.

boysenberry

Not only are boysenberries a good source of vitamin C and potassium, they also contain a host of other essential vitamins and minerals. They supply a significant dose of folate, which is a B vitamin that aids in energy production and the formation of cells. Also contains fiber & vitamin E.

cantaloupe

Immunity support, protects against sunburn, reduces inflammation, cleanser and great for rehydrating, great nutrient profile, very high in beta carotene, vitamin C, folate, B3, potassium, copper.

cherry

Cherries are one of the very low calorie fruits. Nonetheless, they are rich source of phytonutrients, vitamins, and minerals. Both sweet as well as tart cherries are packed with numerous health benefiting compounds that are essential for wellness. Detoxifying, laxative, cleanser, reduce inflammation, lowers bad cholesterol. Contains vitamin C, magnesium, iron, silicon.

coconut

Coconut appears to protect against heart disease and strokes. It contains vitamins A and E, polyphenols and phytosterols, which all work together to decrease the levels of LDL cholesterol, which are fats that stay in the blood and in skin tissues and high levels of which have been found a risk factor for cardiovascular diseases.

cranberry

Cranberries are at the top of the list due to their high nutrient and antioxidant content and are often referred to as a "super food." Not to mention, half a cup of cranberries contains only 25 calories. Health benefits include lowered risk of urinary tract infections, prevention of certain types of cancer, improved immune function, decreased blood pressure and more.

date

Dates are a good source of various vitamins and minerals. Good source of energy, sugar and fiber. Essential minerals such as calcium, iron, phosphorus, sodium, potassium, magnesium and zinc are found in dates. It also contains vitamins such as thiamin, riboflavin, niacin, folate, vitamin A and vitamin K.

dragon fruit

Dragon fruit has a surprising number of phytonutrients. Rich in antioxidants, they contain vitamin C, polyunsaturated (good) fatty acids, and several B vitamins for carbohydrate metabolism, as well as carotene and protein.

fig

Figs contain a wealth of beneficial nutrients, including vitamin A, vitamin B1, vitamin B2, calcium, iron, phosphorus, manganese, sodium, potassium and chlorine. Helps lower blood pressure, aids in weight loss, fights breast cancer & protects against macular degeneration.

grape

The skin of red and purple grapes contain cancer-fighting anthocyanin pigments, similar to the ones in blueberries. Also helps with varicose veins, inflammation, anemia & rheumatoid arthritis. Green, seedless grapes are not exactly nutritional standouts, but still make a good snack.

grapefruit

Grapefruit is low in calories, high in fiber, with lots of vitamin C. Eases constipation; improves digestion; can reduce appetite, aiding in weight loss. If you get the pink or red variety (instead of white) is rich in beta carotene. Half the fiber is the insoluble type (good for the intestines) and half is soluble pectin fiber (good for the heart). Remember, though, that a lot of fiber is in the stringy walls that separate the segments. If you're digging out grapefruit segments with a spoon, you'll miss out on much of the fiber.

honeydew

Honeydew is not nearly as nutritious as cantaloupe. Cantaloupe contains half the number of calories, nearly twice the protein, slightly more fiber, more calcium, and a lot more beta carotene, compared with only a trace in honeydew.

kiwi

Removes excess sodium buildup, enzymes help in correcting and soothing digestive system, said to eliminate wrinkles, vitamin C, vitamin K, vitamin E, folate, copper, potassium

kumquat

Kumquats are made up of a wide variety of essential oils, including limonene, alpha-pinene, monoterpenes, and many others, which have certain beneficial effects on the body, as well as fiber, potassium, calcium, Vitamin C, beneficial fats, and vitamin A.

lemon

Most potent detoxifier of all citric fruits. Kills intestinal parasites and dissolves gallstones. Good to eat for cancers, heart problems, strokes, constipation, the blood and nerves. Calcium, phosphorus, magnesium, potassium, cleansing, alkalizing effect.

limes

Contains bioflavonoids, citric acid and pectin. It's said limes are good to eat for cancers, heart problems, strokes, constipation, the blood and nerves. Calcium, phosphorus, magnesium, potassium, cleansing, alkalizing effect.

mango

Good for kidneys and digestion, blood cleanser, supports immune system, lowers bad cholesterol, vitamin C, beta carotene, calcium, potassium.

nectarine

Digestive aid and cleanser, beta carotene, B3, vitamin C, vitamin E, copper.

oranges

Known for their vitamin C content, but they're also a good source of folate and fiber. The white membrane under the skin of the orange contains more vitamin C than the flesh. When peeling the orange, try to leave the white inner peeling on and eat it with the flesh.

papaya

High in calcium, folic acid, vitamin C, fiber, and carotenoids, this near-perfect fruit is good for digestive support, enhances fat burning & is extremely nutrient dense.

persimmon

Mild laxative, sooth digestive system, potassium, magnesium, phosphorus.

peach

Laxative, diuretic, digestive aid, cleanser, alkaline, carotene, B3, vitamin C, vitamin E, potassium, calcium, magnesium, beta carotene.

pear

A high sorbitol content, plus extra fiber – pears are ideal for people suffering from constipation. Most of the vitamin C in pears is concentrated in the skin, as is some of the fiber, so peeled, canned pears are less nutritious than fresh.

pineapple

Its claim to fame is that it's the fruit highest in the essential nutrient, manganese, and that it has digestive enzymes. Promotes joint health, reduces inflammation, diuretic, digestive aid, cleanser of mucus, mild laxative. Contains calcium, vitamin C, folic acid, magnesium, manganese, beta carotene.

plantain

Plantains are a solid source of carbohydrates with a low fat content, and do not contain any significant levels of toxins. Compared to bananas, plantains are starchier, contain less sugar & are more versatile as a cooking ingredient. Great source of potassium, helps regulate digestive system, boosts the immune system & promotes healthy brain function.

plum

Plums provide relief from indigestion, influenza infection, and anxiety. The antioxidant power of plums helps in treating ailments such as osteoporosis, macular degeneration, cancer, diabetes, & obesity. It helps maintain healthy levels of cholesterol, cardiovascular health, cognitive health, immune system strength, cellular health, electrolyte balance, the nervous system and aids in skin care and blood clotting.

pomegranate

Cleansing and good for the urinary tract, protects against sunburn, studies suggest it fights prostate cancer, vitamin C, magnesium, potassium, beta carotene.

prune

Compared with other fruits, prunes are especially high in fiber (half of it the soluble type), protein, potassium, vitamin A, vitamin E, calcium, and iron. They contain a touch of zinc and niacin, and some prunes even contain a bit of beta carotene. Prunes are known for their ability to move the intestines, thanks to their high fiber content and large amounts of the stool-loosening sugar, sorbitol.

raisins

This favorite snack food is high in fiber and iron but also high in calories and sugar. You can get the iron and fiber at a lower caloric cost in other fruits.

raspberries

Of all the fruits, raspberries pack the most fiber into the fewest calories. They're also higher in folic acid and zinc than most fruits. It is difficult to wash raspberries thoroughly, making pesticides a concern. Lowers bad cholesterol and inhibit certain cancer growth, antioxidant, vitamin C, vitamin K, vitamin E, folate, B5, manganese, copper, iron.

strawberry

Strawberries have two nutritional claims to fame: they are higher in vitamin C per calorie than any other fruit and they are high in fiber. Like raspberries, strawberries lose points because of the pesticide issue. You don't peel them and because of their rough texture, they are hard to clean. Make sure to buy organic. Protects against Alzheimer's, reduce bad cholesterol, suppress growth of colon, prostate and oral cancers, vitamin C, folate, manganese, copper, iron.

tangerine

This member of the orange family contains much less vitamin C, folate, and fiber than an orange, but more vitamin A and carotenoids.

watermelon

Protects against sunburn, said to reduce risk of prostate, ovarian and cervical cancers, cleanser, great for rehydrating, beta carotene, vitamin C, copper.