



## The Healthiest Fruits

The score for each of the following fruits came by adding up its percentage of the daily value for six nutrients plus carotenoids. Some of these suggestions may take you by surprise: like grapefruit being so good for you and avocado ranking much lower than watermelon .

The Best Fruit	Score
Guava (1)	421
Watermelon (2 cups)	310
Grapefruit, pink or red (1/2)	263
Kiwifruit (2)	233
Pawpaw (1/2 or 1 cup cubed)	223
Rockmelon (1/4)	200
Apricots, sun dried (1/2 cup)	193
Orange (1)	186
Strawberries (8)	173
Apricots, fresh (4)	156
Peaches, dried (1/4 cup)	115
Blackberries (1 cup)	114
Boysenberries (1 cup)	107
Raspberries (1 cup)	106
Tangerine (1)	105
Persimmon (1)	102
Mango (1/2)	94
Honeydew melon (1/8)	85

Better Fruit	Score
Apricots, canned (1/2 cup)	66
Lemon (1)	65
Blueberries (1 cup)	56
Plums (2)	56
Banana (1)	54
Cherries (1 cup)	48
Lime (1)	47
Peach, large (1)	47
Grapes (1-1/12 cups)	46
Rhubarb, frozen, cooked with sugar, (1-1 1/2 cups)	46
Avocado (1/2)	44
Pear (1)	44
Pineapple (2 slices)	44
Apple (1)	43
Figs (2)	40

Good Fruit	Score
Figs, dried (2)	37
Nectarine (1)	37
Pomegranate (1)	36
Currants, dried (1/4 cup)	35
Pineapple, canned (1/2 cup)	35
Prunes, dried (5)	32

Peaches, canned (1/2 cup)	26
Dates, dried (5)	24
Raisins (1/4 cup, packed)	24
Fruit cocktail, (1/4 cup)	20
Pears, canned (1/2 cup)	20
Cranberry sauce (1/2 cup)	15
Applesauce (1/2 cup)	14