



## The Healthiest Fruits

The score for each of the following fruits came by adding up its percentage of the daily value for six major nutrients plus carotenoids. Here's a surprise, grapefruit is good for you, and avocado ranks lower than watermelon. Who doesn't love cold watermelon on a hot day!

The Best Fruits	Score
Guava (1)	421
Watermelon (2 cups)	310
Grapefruit, pink or red (1/2)	263
Kiwifruit (2)	233
Papaya (1/2 - 1 cup cubed)	223
Rock melon (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	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)	39
Grapes (1 cup)	46
Rhubarb, cooked (1-1.5 cups)	38
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