

Fruit for All

We calculated a score for each fruit by adding up its percentage of the recommended daily intake for seven nutrients plus fiber and carotenoids. (We used the Food and Drug Administration's updated Daily Value, or DV, which will appear on food labels by mid-2018, for all but two. For calcium, we used the recommended intake for older adults. For carotenoids, which has no DV, we devised our own recommended intake from available research.)

For example, a quarter of a cantaloupe has 47% of our daily target for carotenoids (47 points) and 4% of the DV for fiber (4 points), plus 56% of the DV for vitamin C, 8% for potassium, 7% for folate, 3% for vitamin K, 2% for iron, 4% for magnesium, and 1% of the recommended intake for calcium. That gives it a score of 132 points. The chart doesn't show vitamin K, calcium, iron, or magnesium numbers because they're generally low for most fruits.

The serving sizes in our chart are based on the government's food-labeling rules, but they're not set in stone. A bigger serving will boost the score (and the calories).



KEY

Percentage of the recommended daily intake:

- ⊕ 20% or more
- ⊕ 15%-19%
- ⊕ 10%-14%
- ⊕ 5%-9%
- ⊕ less than 5%

Fruit	Score	Carotenoids	Vitamin C	Potassium	Folate	Fiber	Calories
Guava (3)	657	⊕	⊕	⊕	⊕	⊕	110
Watermelon (2 cups)	302	⊕	⊕	⊕	⊕	⊕	90
Kiwi (2)	236	⊕	⊕	⊕	⊕	⊕	80
Papaya (1 cup)	208	⊕	⊕	⊕	⊕	⊕	60
Lychees (15)	139	⊕	⊕	⊕	⊕	⊕	100
Kumquats (7)	137	⊕	⊕	⊕	⊕	⊕	90
Mango (½)	135	⊕	⊕	⊕	⊕	⊕	100
Cantaloupe (¼)	132	⊕	⊕	⊕	⊕	⊕	45
Strawberries (8)	132	⊕	⊕	⊕	⊕	⊕	45
Persimmon (1)	129	⊕	⊕	⊕	⊕	⊕	120
Raspberries (1¼ cups)	125	⊕	⊕	⊕	⊕	⊕	80
Blackberries (1 cup)	121	⊕	⊕	⊕	⊕	⊕	60
Orange (1)	118	⊕	⊕	⊕	⊕	⊕	60
Grapefruit, pink or red (½)	107	⊕	⊕	⊕	⊕	⊕	50
Pineapple (¾ cup)	90	⊕	⊕	⊕	⊕	⊕	60
Pomegranate (½)	83	⊕	⊕	⊕	⊕	⊕	120
Apricots (4)	80	⊕	⊕	⊕	⊕	⊕	70
Tangerine (1)	77	⊕	⊕	⊕	⊕	⊕	60
Star fruit (1)	74	⊕	⊕	⊕	⊕	⊕	40
Blueberries (1 cup)	65	⊕	⊕	⊕	⊕	⊕	80
Grapefruit, white (½)	61	⊕	⊕	⊕	⊕	⊕	40
Rhubarb, cooked with sugar (½ cup)	60	⊕	⊕	⊕	⊕	⊕	140
Banana (1)	58	⊕	⊕	⊕	⊕	⊕	120

	Score	Carotenoids	Vitamin C	Potassium	Folate	Fiber	Calories
Peaches, dried (3 halves)	54	⊕	⊕	⊕	⊕	⊕	90
Honeydew melon (¾ cup)	50	⊕	⊕	⊕	⊕	⊕	45
Figs (3)	48	⊕	⊕	⊕	⊕	⊕	110
Apricots, dried (11 halves)	47	⊕	⊕	⊕	⊕	⊕	90
Prunes (4)	47	⊕	⊕	⊕	⊕	⊕	90
Grapes (1 cup)	45	⊕	⊕	⊕	⊕	⊕	100
Nectarine (1)	44	⊕	⊕	⊕	⊕	⊕	60
Peach (1)	44	⊕	⊕	⊕	⊕	⊕	60
Plums (2)	44	⊕	⊕	⊕	⊕	⊕	60
Cherries (1 cup)	44	⊕	⊕	⊕	⊕	⊕	90
Pear (1)	42	⊕	⊕	⊕	⊕	⊕	80
Figs, dried (¼ cup)	39	⊕	⊕	⊕	⊕	⊕	90
Apple (1)	34	⊕	⊕	⊕	⊕	⊕	80
Currants, dried (¼ cup)	34	⊕	⊕	⊕	⊕	⊕	100
Peaches, canned (½ cup)	29	⊕	⊕	⊕	⊕	⊕	60
Pineapple, canned (½ cup)	29	⊕	⊕	⊕	⊕	⊕	80
Dates, dried (6)	29	⊕	⊕	⊕	⊕	⊕	120
Fruit cocktail, canned (½ cup)	24	⊕	⊕	⊕	⊕	⊕	60
Raisins (¼ cup)	24	⊕	⊕	⊕	⊕	⊕	120
Cranberries (½ cup)	20	⊕	⊕	⊕	⊕	⊕	25
Pears, canned (½ cup)	18	⊕	⊕	⊕	⊕	⊕	60
Applesauce, unsweetened (½ cup)	14	⊕	⊕	⊕	⊕	⊕	50
Cranberries, dried (¼ cup)	13	⊕	⊕	⊕	⊕	⊕	120

Recommended Daily Intakes

- Carotenoids: 6,000 mcg¹
- Vitamin C: 90 mg
- Potassium: 4,700 mg
- Folate: 400 mcg
- Vitamin K: 120 mcg
- Fiber: 28 g
- Calcium: 1,200 mg
- Iron: 18 mg
- Magnesium: 420 mg

¹ Estimate based on available research.

Source: U.S. Department of Agriculture National Nutrient Database for Standard Reference, Release 28.

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