

Healthiest Fruits

We came up with a score for each fruit by adding up its percent of the Daily Value (DV) for six nutrients plus carotenoids.

| Best Fruit | Score |
|-------------------------------|-------|
| Guava (1) | 421 |
| Watermelon (2 cups) | 310 |
| Grapefruit, pink or red (1/2) | 263 |
| Kiwifruit (2) | 233 |
| Papaya (1/2 or 1 cup cubed) | 223 |
| Cantaloupe (1/4) | 200 |
| Apricots, dried (1/2 cup) | 193 |
| Orange (1) | 186 |
| Strawberries (8) | 173 |
| Apricots (4) | 156 |
| Peaches, dried (1/4 cup) | 115 |
| Blackberries (1 cup) | 114 |
| Grapefruit, white (1/2) | 107 |
| Raspberries (1 cup) | 106 |
| Tangerine (1) | 105 |
| Persimmon (1) | 102 |
| Mango (1/2) | 94 |
| Honeydew Melon (1/8) | 85 |
| Star Fruit (Carambola) (1) | 80 |

| Better Fruit | Score |
|--|-------|
| Apricots, canned (1/2 cup) | 66 |
| Lemon (1) | 65 |
| Blueberries (1 cup) | 56 |
| Plums (2) | 56 |
| Banana (1) | 54 |
| Cherries (21 cherries, or 1 cup) | 48 |
| Lime (1) | 47 |
| Peach, large (1) | 47 |
| Grapes (1-1/2 cups) | 46 |
| Rhubarb, frozen, cooked with sugar (1-1/2 cup) | 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, sweetened (1/2 cup) | 15 |
| Applesauce, unsweetened (1/2 cup) | 14 |

