

Shopper's Guide

Fruit Round-Up

It's not news that fruits are an important part of a healthy diet. These delicious plant foods are full of fiber, vitamins, minerals, and phytochemicals, in addition to being low in fat and sodium, and modest in calories. Fruit intake has been linked with many benefits, such as reduced risk of high blood pressure, heart disease, certain types of cancer, type 2 diabetes, and neurodegenerative diseases. That's why the USDA recommends that women eat 1½ cups of fruit every day and men eat 2 cups per day.



We're advised to limit our sugar intake, and since fruits naturally contain sugars, it's easy to lump them into the high-sugar foods category, along with highly processed foods like pastries, sweetened drinks, and candy. However, recommendations to reduce sugar in the diet are limited to "added sugars"—those that are added to foods, not those naturally found in foods.

There's a world of difference between six grams of sugar in a papaya and six grams in a candy bar. The sugar in fruit comes packaged with a variety of nutrients—in particular fiber, which delays the absorption of natural sugars into the blood stream. The candy bar, on the other hand, contains sugar with no other redeeming nutritional qualities.

Our top picks highlight some of the most nutritionally rewarding fruits in the market. Keep in mind that *all* fruits are healthful.

Helpful hints. Check out these tips for sweetening up your day with fruit.

- ▶ **Drink your fruit.** Not as juice, which lacks fiber and tends to be more concentrated, but in DIY smoothies. Frozen fruit, a little 100% fruit juice, and yogurt mixed in a blender make a delicious and nutritious drink.
- ▶ **Salad toppings.** Many fruits make a great addition to a salad. Try strawberries, blueberries, grapes, raisins, dried cranberries, and more. Tuna and chicken salads are also great with grapes, apples, pineapple, or dried fruit mixed in.
- ▶ **Start your day.** Include fruit at breakfast by mixing it into plain non-fat yogurt, cold or hot cereal, and pancake or waffle batters.

—Heidi McIndoo, MS, RD

Fruits Nutritional Comparison

✓ = **EN's Picks.** All fruits contribute to a healthy diet; however, EN picks include those that contain at least 50% DV of at least one vitamin or mineral listed here, or at least 4 g (16% DV) of fiber per serving.



Fruit	Serv Size	Calories	Carb (g)	Fiber (g)	Potassium (%DV)	Vit A (%DV)	Vit B3 (%DV)	Vit C (%DV)	Vit E (%DV)	Folate (%DV)
✓ Apples	1 med	95	25	4	6	2	1	8	2	1
Apricots	3 med	50	12	2	8	40	3	18	5	2
Bananas	1 med	105	27	3	12	2	4	17	1	6
✓ Blackberries	½ c	31	7	4	3	3	3	25	4	5
Blueberries	½ c	42	11	2	2	1	2	12	2	1
✓ Cantaloupe, cubes	½ c	27	7	1	6	54	3	48	0	4
Cherries	½ c	49	12	2	5	1	0	8	0	1
Coconut, flaked, sweetened	2 Tbsp	48	6	1	1	0	0	0	0	0
Cranberries, dried, sweetened	2 Tbsp	49	13	0	0	0	1	0	0	0
Cranberries, fresh	½ c	30	13	0	1	0	0	0	3	0
Dates	1	66	18	2	5	1	2	0	n/a	1
Figs, Dried	2 ea	42	11	2	3	0	0	0	0	0
Figs, Fresh	2 ea	74	19	3	7	3	2	3	0	2
✓ Grapefruit, pink	½ med	41	10	1	5	24	2	73	1	3
Grapes, Concord	½ c	31	8	0	3	1	0	3	0	0
Grapes, Green Seedless	½ c	52	14	1	4	1	0	4	0	0
Grapes, Red	½ c	52	14	1	4	1	0	4	0	0
✓ Guava	½ c	56	12	4	10	10	5	313	3	10
Honeydew Melon, diced	½ c	31	8	1	6	1	2	25	0	4
✓ Kiwi	1 med	45	10	2	6	1	5	120	1	4
✓ Kumquats	4 ea	54	12	5	4	4	2	55	0	3
✓ Mangos	½ c	50	12	1	4	18	3	50	3	9
Nectarines	1 med	63	15	2	8	9	8	13	5	2
✓ Oranges	1 med	62	15	3	7	6	2	116	1	10
✓ Papaya, 1" cubes	½ c	31	8	1	4	14	2	73	1	7
✓ Passion Fruit	2 ea	34	8	4	4	10	2	18	0	2
✓ Peaches	1 med	59	14	5	8	10	6	17	2	2
✓ Pears	1 med	101	27	6	6	1	2	13	1	3
✓ Pineapple, fresh chunks	½ c	41	11	1	3	1	2	65	0	4
Plums	2 med	60	16	2	6	10	2	20	2	2
Pomegranate Seeds	¼ c	36	8	2	3	0	1	8	2	4
Prunes	3 ea	68	18	2	6	4	3	0	0	0
Raisins	2 Tbsp	65	16	1	6	4	1	1	0	0
✓ Raspberries	½ c	32	7	4	3	0	2	27	3	3
✓ Starfruit	1 med	28	6	3	3	1	2	52	0	3
✓ Strawberries, sliced	½ c	27	6	2	4	0	2	82	1	5
Tangerines	1 med	47	12	2	4	12	2	40	1	4
Watermelon, diced	1 c	46	11	1	5	17	1	21	0	1

Note: g=gram, carb=carbohydrates, med=medium, c=cup, Tbsp=tablespoon, ea=each, DV=Daily Value, daily requirement based on 2,000 calorie/day diet. Source: USDA National Nutrient Database for Standard Reference