

Fruit Face-off

We calculated a score for each fruit by adding up its percentage of the Food and Drug Administration's Daily Value, or DV, for nine nutrients. (We counted each nutrient equally.) Carotenoids have no DV, so we devised our own recommended intake.

For example, a serving of strawberries has 91% of the DV for vitamin C (91 points), 10% for fiber (10 points), 8% for folate, 5% for potassium, 4% for magnesium, 3% for vitamin K, 3% for iron, and 2% for calcium, plus 1% of our daily target for carotenoids. That gives it a score of 127 points. The chart doesn't show vitamin K, calcium, iron, or magnesium numbers because they're low for most fruits.

The scores assume that you eat the same amount of any fresh fruit (5 oz., which is roughly 1 piece or 1 cup) or dried fruit (1½ oz., or ¼ cup). A bigger serving will boost the score and the calories.

KEY

Percentage of the recommended daily intake:

-  less than 2%
-  51% to 100%
-  2% to 10%
-  more than 100%
-  11% to 50%

Fruit	Score	Carotenoids	Vitamin C	Potassium	Folate	Fiber	Calories
Guava, pink	556						100
Kiwi, gold	294						90
Kiwi, green	240						90
Papaya	201						60
Kumquats	143						100
Watermelon	140						40
Cantaloupe	135						50
Lychees	134						90
Orange	127						70
Strawberries	127						45
Grapefruit, pink or red	121						60
Blackberries	116						60
Raspberries	113						70
Mango	111						80
Persimmon	108						100
Pineapple	100						70
Tangerine	89						70
Pomegranate	83						120
Star fruit	83						45
Apricots	79						70
Grapefruit, white	71						45
Rhubarb, cooked with sugar	70						160
Blueberries	61						80
Banana	58						120
Honeydew melon	55						50
Peaches, dried	55						100
Prunes	49						100
Apricots, dried	48						100
Figs	47						100
Plum	47						60
Cherries	43						90
Figs, dried	43						100
Grapes	42						100
Nectarine	42						60
Peach	41						50
Pear	39						80
Pineapple, canned in juice	33						80
Peaches, canned in juice	32						60
Apple	31						70
Currants, dried	28						120
Dates, dried	28						110
Fruit cocktail, canned in juice	28						60
Raisins	25						120
Pears, canned in juice	20						70
Applesauce, unsweetened	15						60
Cranberries, dried	13						120

Recommended Daily Intakes

- Carotenoids: 6,000 mcg¹
- Vitamin K: 120 mcg
- Vitamin C: 90 mg
- Calcium: 1,300 mg
- Potassium: 4,700 mg
- Iron: 18 mg
- Folate: 400 mcg DFE
- Magnesium: 420 mg
- Fiber: 28 g

¹ Estimate based on typical intakes.

Source: [U.S. Department of Agriculture.](https://www.ars.usda.gov/research/activities/outreach/publications/)

The use of information from this article for commercial purposes is strictly prohibited without written permission from CSPI.