

% RDA Fruit Chart from www.goodforguts.com

| Fruit | Vitamins | | | | | | | | | | Minerals | | | | | | | | Fatty Acids | | | | | | |
|---------------|----------|-----|----|----|----|----|----|----|----|----|----------|----|----|----|-----|------|----|----|-------------|----|-------|-----|-----|------|------|
| | A | C | E | K | B1 | B2 | B3 | B5 | B6 | B9 | Ca | Fe | Mg | P | Pot | Cr** | Zn | Cu | Mn | Se | Fiber | O3* | O6* | O9* | |
| Acai | 15 | 8 | | | | | | | | | 4 | 6 | | | | | | | | | | | | 860 | 3360 |
| Apple | 1 | 10 | 1 | 3 | 1 | 2 | 1 | 1 | 3 | 1 | 1 | 1 | 2 | 1 | 4 | ✓ | | 2 | 2 | | 12 | 11 | | 54 | |
| Apricot | 60 | 26 | 7 | 6 | 3 | 4 | 5 | 4 | 4 | 3 | 2 | 3 | 4 | 4 | 11 | | 2 | 6 | 6 | | 12 | | | 119 | |
| Avocado | 4 | 25 | 16 | 39 | 7 | 11 | 13 | 21 | 19 | 30 | 2 | 5 | 11 | 8 | 21 | | 6 | 14 | 11 | 1 | 40 | 165 | | 2534 | |
| Banana | 1 | 33 | 1 | 1 | 5 | 10 | 7 | 8 | 41 | 11 | 1 | 3 | 15 | 5 | 23 | | 2 | 9 | 30 | 3 | 23 | 61 | | 103 | |
| Blackberry | 6 | 50 | 8 | 36 | 2 | 2 | 5 | 4 | 2 | 9 | 4 | 5 | 7 | 3 | 7 | | 5 | 12 | 47 | 1 | 31 | 135 | | 268 | |
| Blueberry | 2 | 24 | 4 | 36 | 4 | 4 | 3 | 2 | 4 | 2 | 1 | 2 | 2 | 2 | 3 | | 2 | 4 | 25 | | 14 | 86 | | 130 | |
| Cantalope | 120 | 108 | | 6 | 5 | 2 | 6 | 2 | 6 | 9 | 2 | 2 | 5 | 3 | 14 | | 2 | 4 | 4 | 1 | 6 | 81 | | 62 | |
| Cherry, sour | 40 | 26 | 1 | 4 | 3 | 4 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 8 | | 1 | 8 | 9 | | 10 | 68 | | 71 | |
| Cherry, sweet | 2 | 16 | | 4 | 2 | 3 | 1 | 3 | 3 | 1 | 2 | 3 | 4 | 3 | 9 | | 1 | 4 | 5 | | 12 | 36 | | 37 | |
| Cranberry | 1 | 24 | 7 | 7 | 1 | 1 | 1 | 3 | 3 | | 1 | 2 | 2 | 1 | 3 | | 1 | 3 | 20 | | 20 | 24 | | 36 | |
| Grapefruit | 53 | 120 | 1 | | 7 | 4 | 2 | 6 | 6 | 7 | 5 | 1 | 5 | 4 | 9 | | 1 | 4 | 3 | | 15 | 18 | | 67 | |
| Grapes | 2 | 6 | 1 | 17 | 6 | 3 | 1 | | 5 | 1 | 1 | 1 | 1 | 1 | 5 | ✓ | | 2 | 33 | | 3 | 22 | | 73 | |
| Guava | 21 | 628 | 6 | 5 | 7 | 4 | 9 | 7 | 9 | 20 | 3 | 2 | 9 | 7 | 20 | | 3 | 19 | 12 | 1 | 36 | 185 | | 475 | |
| Kiwi | 3 | 273 | 13 | 89 | 3 | 3 | 3 | 3 | 6 | 11 | 6 | 3 | 8 | 6 | 16 | | 2 | 12 | 9 | 1 | 21 | 74 | | 435 | |
| Lemon | 1 | 187 | 2 | | 6 | 2 | 1 | 4 | 8 | 6 | 6 | 7 | 4 | 3 | 8 | | 1 | 4 | 3 | 1 | 24 | 55 | | 134 | |
| Lime | 1 | 32 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | | | 2 | | | 8 | 13 | | 24 | |
| Mango | 25 | 76 | 9 | 9 | 6 | 6 | 5 | 3 | 11 | 6 | 2 | 1 | 4 | 2 | 7 | | | 9 | 2 | 1 | 12 | 61 | | 23 | |
| Orange | 8 | 160 | 2 | | 10 | 4 | 3 | 5 | 5 | 14 | 7 | 1 | 4 | 3 | 9 | | 1 | 4 | 2 | 1 | 17 | 13 | | 32 | |
| Papaya | 31 | 144 | 5 | 5 | 3 | 3 | 2 | 3 | 1 | 13 | 3 | 1 | 3 | 1 | 10 | | 1 | 1 | 1 | 1 | 10 | 35 | | 8 | |
| Passion Fruit | 60 | 118 | | 2 | | 18 | 18 | | 12 | 8 | 3 | 21 | 17 | 16 | 23 | | 2 | 10 | | 2 | 98 | 2 | | 968 | |
| Peach | 11 | 19 | 6 | 6 | 3 | 3 | 7 | 3 | 2 | 2 | 1 | 2 | 4 | 4 | 10 | | 2 | 6 | 5 | | 10 | 4 | | 147 | |
| Pear | 1 | 10 | 1 | 8 | 1 | 2 | 1 | 1 | 2 | 3 | 1 | 1 | 3 | 2 | 5 | | 1 | 6 | 4 | | 18 | | | 43 | |
| Pineapple | 2 | 131 | | 1 | 9 | 3 | 4 | 4 | 9 | 7 | 2 | 3 | 5 | 1 | 5 | | 1 | 9 | 76 | | 9 | 28 | | 38 | |
| Pomegranate | | 48 | 8 | 58 | 13 | 9 | 4 | 11 | 11 | 27 | 3 | 5 | 8 | 10 | 19 | | 7 | 22 | 17 | 2 | 45 | | | 223 | |
| Plum | 11 | 26 | 2 | 13 | 3 | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 3 | 3 | 7 | | 1 | 5 | 4 | | 9 | | | 73 | |
| Raspberry | 1 | 54 | 5 | 12 | 3 | 3 | 4 | 4 | 3 | 6 | 3 | 5 | 7 | 4 | 5 | | 3 | 6 | 41 | | 32 | 155 | | 306 | |
| Strawberry | | 149 | 2 | 4 | 2 | 2 | 3 | 2 | 4 | 9 | 2 | 3 | 5 | 4 | 7 | | 1 | 4 | 29 | 1 | 12 | 99 | | 137 | |
| Tangerine | 27 | 87 | 2 | | 8 | 4 | 4 | 4 | 8 | 8 | 7 | 2 | 6 | 4 | 9 | | 1 | 4 | 4 | | 14 | 35 | | 94 | |
| Tomato | 25 | 32 | 4 | 15 | 4 | 2 | 4 | 1 | 6 | 6 | 1 | 2 | 4 | 4 | 10 | ✓ | 2 | 4 | 8 | | 7 | 4.5 | | 119 | |
| Watermelon | 18 | 21 | | | 3 | 2 | 1 | 3 | 3 | 1 | 1 | 2 | 4 | 2 | 5 | | 1 | 3 | 3 | 1 | 2 | | | 77 | |

% RDA above based on one serving - generally 1 cup (i.e. melon, grapes, berries etc.) or 1 whole fruit (i.e. apples, bananas etc.)

**Fatty acids do not have established RDA values, therefore their levels are listed in mg*

****Chromium in foods is variable so the ones with a ✓ are generally good sources of this mineral**

