

The Lean It UP Fruit Health Index

*Source: NutritionData.com, all measures are based on 1 NLEA Serving



Rank	Fruit	Calories (per 100g)	Sugar	Fiber	Vitamin A	B Vitamins (sum)	Vitamin C	Vitamin E	Vitamin K	Potassium	Omega-3's (mg)	Antioxidant Content (mmol/100g, average of all origins)	Glycemic Load (average of all values)	TOTAL SCORE
1	Blackberries	43	5	5	4%	16%	35%	6%	25%	5%	94.0	4.77	3	64
2	Raspberries	52	4	6	1%	18%	54%	4%	12%	4%	126.0	2.89	2	61
3	Guava	68	9	5	12%	34%	381%	4%	3%	12%	112.0	1.20	4	55
4	Strawberries	32	5	2	0%	14%	98%	1%	3%	4%	65.0	2.77	2	53
5	Cranberry	46	4	5	1%	9%	22%	6%	6%	2%	22.0	2.22	2	50
6	Kiwi	61	9	3	12%	16%	155%	7%	50%	9%	42.0	1.08	4	48
7	Papaya	39	6	2	22%	19%	103%	4%	3%	7%	25.0	0.42	2	47
8	Cantaloupe	34	8	1	68%	18%	61%	0%	3%	8%	46.0	0.19	3	47
9	Cherries, Sour	50	8	2	26%	11%	17%	0%	3%	5%	44.0	5.50	4	46
10	Blueberries	57	10	2	1%	11%	16%	3%	24%	2%	58.0	3.80	4	44
11	Apricot	48	9	2	60%	14%	26%	4%	6%	7%	0.0	2.59	4	44
12	Honeydew	36	8	1	1%	17%	30%	0%	4%	7%	33.0	0.12	2	41
13	Grapefruit	42	7	2	23%	15%	52%	1%	0%	4%	8.0	0.75	3	40
14	Nectarine	44	8	2	7%	14%	9%	4%	3%	6%	2.0	0.12	3	39
15	Peach	39	8	1	7%	12%	11%	4%	3%	5%	2.0	0.13	3	38
16	Pomegranate	83	14	4	0%	26%	17%	3%	21%	7%	0.0	4.37	6	38
17	Watermelon	30	6	0	11%	9%	13%	0%	0%	3%	0.0	0.08	2	37
18	Orange	47	9	2	4%	23%	75%	1%	0%	5%	7.0	0.93	3	37
19	Pineapple	50	10	1	1%	22%	80%	0%	1%	3%	17.0	0.70	3	37
20	Clementine	47	9	2	0%	21%	81%	1%	0%	5%	0.0	0.86	4	36
21	Passion Fruit	97	11	10	25%	23%	50%	0%	1%	10%	1.0	0.44	6	35
22	Plum	46	10	1	7%	9%	16%	1%	8%	4%	0.0	1.43	3	35
23	Tangerine	53	11	2	14%	18%	44%	1%	0%	5%	18.0	0.53	4	34
24	Mango	65	15	2	15%	22%	46%	6%	5%	4%	37.0	0.78	5	33
25	Apple	52	10	2	1%	7%	8%	1%	3%	3%	9.0	0.31	3	32
26	Pear	58	10	3	0%	6%	7%	1%	6%	3%	0.0	0.21	3	32
27	Cherries, Sweet	63	13	2	1%	10%	12%	0%	3%	6%	26.0	1.42	5	31
28	Banana	89	12	3	3%	35%	33%	1%	1%	10%	27.0	0.23	8	28
29	Figs	74	16	3	3%	19%	3%	1%	6%	7%	0.0	0.96	6	25
30	Grapes	69	15	1	1%	15%	18%	1%	18%	5%	11.0	0.64	6	23