

The Nutritional ABCs Contest Among the Fruit

Fruits are an essential part of a healthy diet, providing vitamins, minerals, fiber, and antioxidants. But did you know that some fruits are more nutritious than others? In this article, we'll take a look at the nutritional content of different fruits and see which ones come out on top in the nutritional ABCs contest.

Vitamin A

Vitamin A is important for vision, skin health, and immune function. The best fruit sources of vitamin A are:



Vegetable Soup/The Fruit Bowl: The Nutritional ABCs/A Contest Among the Fruit by Susan Smith Jones

★★★★★ 5 out of 5

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- Apricots
- Cantaloupe
- Mangoes
- Papayas
- Sweet potatoes

TOP Fruits High in Vitamin A



Cantaloupe

1376g / 100g
100g
100g



Apricot

148g / 100g
100g
100g



Passion Fruit

128g / 100g
100g
100g



Grapefruit

136g / 100g
100g
100g



Mango

88g / 100g
100g
100g



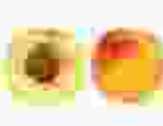
Papaya

68g / 100g
100g
100g



Watermelon

48g / 100g
100g
100g



Peach

82g / 100g
100g
100g



Nectarine

22g / 100g
100g
100g



Olives

28g / 100g
100g
100g



Plum

11g / 100g
100g
100g



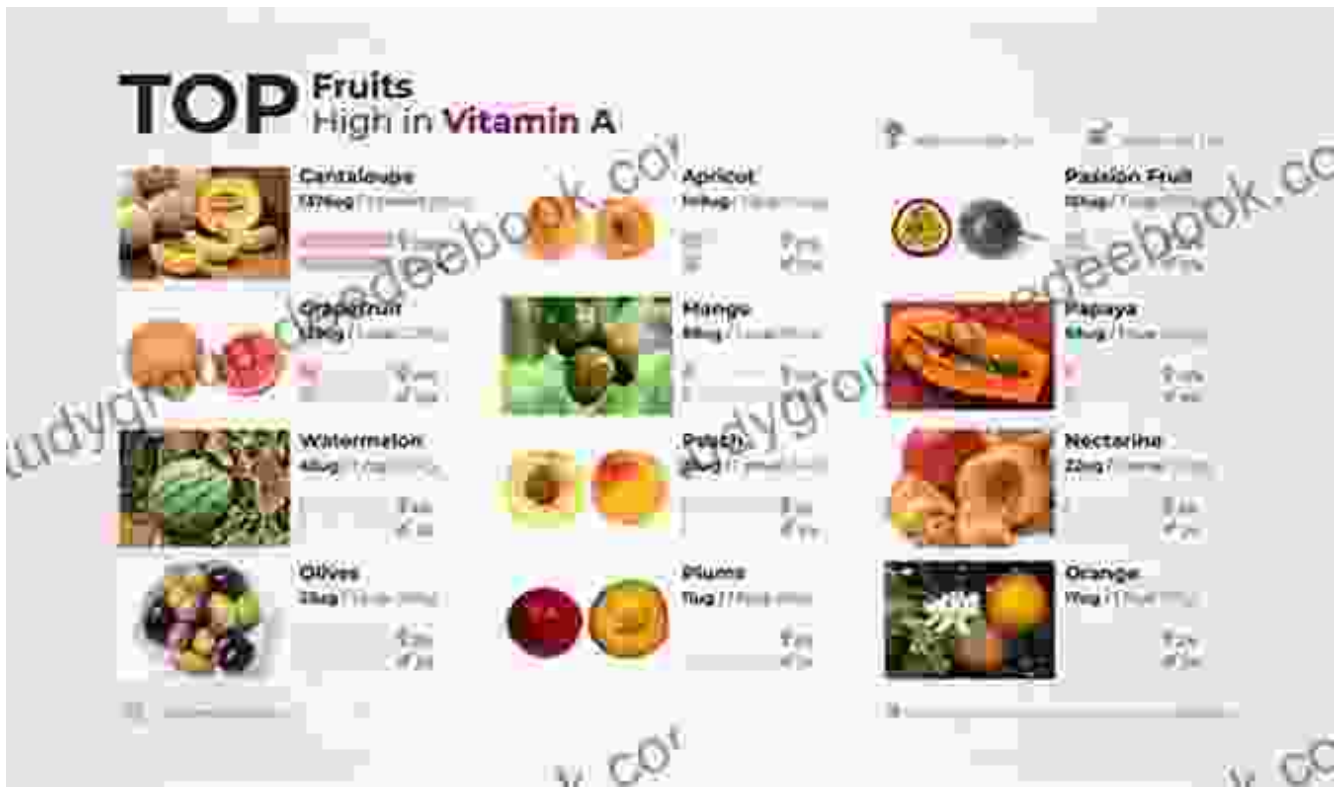
Orange

10g / 100g
100g
100g

Vitamin C

Vitamin C is a powerful antioxidant that helps protect the body from damage caused by free radicals. The best fruit sources of vitamin C are:

- Acerola cherries
- Black currants
- Guavas
- Kiwi fruit
- Oranges



Fruits rich in vitamin C include acerola cherries, black currants, guavas, kiwi fruit, and oranges.

Fiber

Fiber is important for digestive health, heart health, and weight management. The best fruit sources of fiber are:

- Apples
- Bananas
- Berries
- Pears
- Prunes

12 FRUITS THAT ARE HIGH IN FIBER

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Antioxidants

Antioxidants are compounds that help protect the body from damage caused by free radicals. The best fruit sources of antioxidants are:

- Acai berries
- Blueberries

- Cherries
- Grapes
- Pomegranates



Fruits rich in antioxidants include acai berries, blueberries, cherries, grapes, and pomegranates.

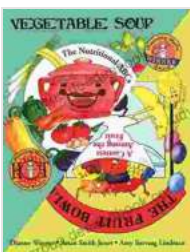
The Winners

So, which fruits are the most nutritious? Based on the nutritional ABCs contest, the winners are:

- **Vitamin A:** Apricots
- **Vitamin C:** Acerola cherries
- **Fiber:** Bananas
- **Antioxidants:** Blueberries

These fruits are all excellent sources of essential nutrients, so make sure to include them in your diet.

Fruits are an important part of a healthy diet, and the nutritional ABCs contest is a great way to learn more about their nutritional value. By choosing fruits that are rich in vitamins, minerals, fiber, and antioxidants, you can improve your overall health and well-being.



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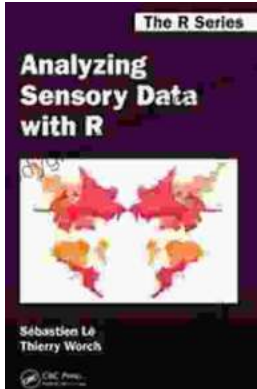
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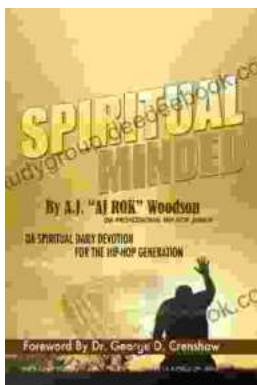
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