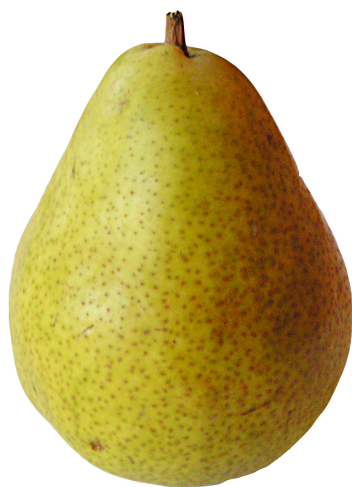


## Fruit Nutritional Values

Apples flavonoids, fiber, C  
Apricots carotenoids, A, C, fiber  
Bananas B6, C, potassium (high glycemic)  
Blackberries flavonoids, fiber, C, K, manganese  
Blueberries flavonoids, C, manganese, fiber  
Cantaloupe carotenoids, C, A, potassium  
Cherries A, C, copper, flavonoids  
Cranberries flavonoids, fiber, C, manganese  
Dates A, iron, copper, K (high glycemic)  
Dried fruit fiber, (high glycemic)  
Figs potassium, fiber  
Fruit juices C, (high glycemic)  
Grapefruit carotenoids in pink, flavonoids, C  
Grapes flavonoids, manganese, iron  
Guava carotenoids, fiber, C



Kiwifruit C, fiber (high glycemic)  
Lemons flavonoids, C  
Limes flavonoids, C  
Mangoes carotenoids, A, C (high glycemic)  
Nectarines carotenoids, C (high glycemic)  
Oranges carotenoids, flavonoids, C, fiber (high glycemic)  
Papayas carotenoids, C, folate, potassium  
Peaches carotenoids, C  
Pears fiber, flavonoids  
Persimmons C (high glycemic)  
Pineapple C, manganese (high glycemic)  
Plums carotenoids, C, K  
Raspberries flavonoids, fiber, manganese, C  
Raisins iron, fiber, potassium (high glycemic)  
Strawberries carotenoids, flavonoids, C, fiber  
Tangerines carotenoids, A, C (high glycemic)  
Watermelon carotenoids, C, A, B6 (high glycemic)

**Buy Organic or Local**

[2ndacthealth.com](http://2ndacthealth.com)