

Top 10 Healthiest Fruits

The 10 healthiest fruits, from berries and citrus to kiwi and apples, with the evidence, serving sizes, and cautions such as grapefruit drug interactions.

1 Blueberries

Anthocyanins, fiber, vitamin K

Serving: 1 cup

Anthocyanins linked to lower diabetes risk and memory benefits.

2 Apples

Pectin, quercetin, vitamin C

Serving: 1 medium

Pectin fiber and polyphenols in the skin.

3 Oranges and Citrus

Vitamin C, folate, hesperidin

Serving: 1 medium orange

Vitamin C, folate, and flavonoids.

4 Kiwifruit

Vitamin C, fiber, actinidin

Serving: 1-2 fruits

More vitamin C than an orange; may aid sleep.

5 Strawberries

Vitamin C, anthocyanins, folate

Serving: 1 cup

Low-sugar fruit with vitamin C.

6 Grapes

Resveratrol, polyphenols, potassium

Serving: 1 cup

Polyphenols linked to lower diabetes risk.

7 Bananas

Potassium, vitamin B6, resistant starch

Serving: 1 medium

Potassium and easy-to-digest carbohydrate.

8 Avocado

Monounsaturated fat, fiber, potassium

Serving: 1/3-1/2 fruit

A fruit rich in monounsaturated fat and fiber.

9 Tart Cherries

Melatonin, anthocyanins

Serving: 1 cup or 30 mL concentrate

A natural dietary source of melatonin.

10 Cranberries

Proanthocyanidins, vitamin C

Serving: 1/2 cup fresh or 1 cup unsweetened juice

Proanthocyanidins studied for urinary health.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/fruits/