

Healthiest Fruits

Watermelon

Watermelon is 92% water, making it a great choice for hydration.

Banana

Bananas often get a bad rap, but they are actually quite nutritious. Bananas are a [good source](#) of fiber, vitamin B6, potassium, magnesium, vitamin C and manganese. Bananas are also a great on the go snack because of the 'wrapper' they come in.

Orange

Oranges are citrus fruits that are high in vitamin C. [Citrus fruits](#) have been shown anti-inflammatory, antioxidative and anti-cancer properties.

Guava

Guavas are rich in vitamin C, potassium and fiber. Vitamin C has been shown to help with immune function.

Cantaloupe

Cantaloupe is high in potassium, vitamin C, folate and water. [Research](#) shows that this melon has anti-inflammatory, anti-diabetic and anti-cancer properties.

Blueberries

Blueberries are fruits rich in phytochemicals and antioxidants. They also have a high fiber content. [Studies](#) show that berries reduce the risk of cardiovascular disease.

Strawberries

Strawberries are a great source of antioxidants, vitamin C and manganese. Like all berries, strawberries are a good source of fiber.

Avocado

Avocado is rich in fiber as well as many vitamins and minerals. [Avocado](#) is a unique fruit because of its low sugar content. They also provide fatty acids which provide a positive heart healthy effect on blood lipids.

Grapefruit

Grapefruit is high in vitamin C. [Research](#) has shown that consuming grapefruit improves blood pressure and lipids.

Peaches

[Peaches](#) are a good source of antioxidants, vitamin C and vitamin A.

Plums

Plums have [been shown](#) to have anti-inflammatory, antioxidant and memory improving characteristics. Plums are often consumed in their dried form as prunes.

Raspberries

Raspberries are one of the highest-fiber fruits, with 1 cup containing 8 grams. Studies have shown positive effects from eating raspberries, such as antioxidative and anti-inflammatory properties and stabilizing blood sugar.

Lemons

Lemons are high in vitamin C, folate, potassium and flavonoids. Lemons are a great, low calorie way to add flavor to food and beverages.

Apples

[Apples](#) are one of the most popular fruits in the world. They are a great source of vitamin C, fiber and phytochemicals. The skin contains most of the fiber. Apples have been shown to have positive effects on weight management, type 2 diabetes and cardiovascular health.