

Organic Fruit Glossary: Vitamins & Benefits They Provide

You're going to love these organic fruits that can provide a nutritious, delicious boost to your diet! Here's their nutritional lowdown.



APPLES: Packed with antioxidant vitamins, including vitamin C, apples can protect bodily cells against free radical damage. Apples also contain quercetin, a powerful antioxidant, which helps bolster immune system function, neurological health and brain health.



GRAPES: Resveratrol-rich grapes are powerful antioxidants to bolster cellular, cardiovascular, nervous system, brain and overall health. They're also brimming with anthocyanins, catechins, iron (mostly in dried grapes or raisins), manganese, potassium, vitamins C, A, K and B-complex.



POMEGRANATES: Boasting a high antioxidant strength, pomegranates also contain heart-healthy ellagitannin compounds, immune-supporting vitamin C as well as some B vitamins, vitamin K, calcium, potassium and manganese for weight, cholesterol and cellular benefits.

AVOCADOS: Avocados offer healthy fats, fiber, and nearly 20 vitamins, minerals and phytonutrients, including vitamins E, C, and K, folate, iron, potassium, magnesium, lutein and beta-carotene—to support healthy cells, nerves, skin, heart, digestion, blood pressure and more.



KIWI FRUIT: Not all fruits can boast omega-3 fatty acids, but kiwis can. Additionally, kiwis are rich sources of heart-, blood pressure- and cell-healthy potassium as well as offering good amounts of vitamins C, A, E and K, iron, magnesium and manganese.



RASPBERRIES: Loaded with vitamin C, manganese and fiber, raspberries provide antioxidant and anti-inflammatory benefits. Likewise, raspberries are noted for their blood sugar and cellular benefits as well as helping with weight management.



BLUEBERRIES: Blueberries contain vitamins C, K and the mineral manganese as well as flavonoids called anthocyanins—powerful antioxidants.

Eating just one cup of blueberries weekly helps crush free radicals for cellular health, supports healthy cholesterol levels and cardiovascular and mental health.



LEMONS: Lemons contain vitamins C and B-complex, potassium, iron, calcium and magnesium, supporting a healthy immune system and inflammation levels. Like other citrus fruits, lemons contain the flavonoid glycosides hesperidin, naringin and naingenin, which act as powerful antioxidants, anti-inflammatories and immune system modulators.



STRAWBERRIES: Bursting with vitamin C, and like blueberries, strawberries contain those powerful antioxidants—flavonoids called anthocyanins. Eating just two cups of strawberries per week can support mental sharpness as well as cardiovascular, cellular and blood pressure health.

CHERRIES: Cherries contain vitamin C, potassium and plenty of the antioxidant anthocyanin. Adding cherries to the diet can help reduce cholesterol and lower additional risk factors for heart disease, including managing unhealthy inflammation levels and body fat levels.



PAPAYAS: Low in calories and high in vitamins, minerals and phytonutrients, papayas contain some of the highest vitamin C content—more than oranges or lemons—for antioxidant, immune and anti-inflammatory benefits. Papayas are also rich in vitamin A, B-complex vitamins and potassium.



WATERMELONS: Hydrating and electrolyte-rich, watermelons are great as warm-weather thirst quenchers, but also deliver vitamins A, C, B-1, B-6, lycopene, beta-carotene, lutein, zeaxanthin and cryptoxanthin—nutrients and antioxidants to support cellular, skin and overall health.

