

The Most Nutritious Fruits

When I was a child, I was always told by my mom to eat fruits, she always tells me how nutritious it is, and now that I am older, I became curious about which of these fruits is the most nutritious? Therefore, here are five of the most nutritious fruits.

First on the list is the Guinness World Record holder of the most nutritious fruit, the Avocado, or also known as aguacate. This majestic fruit contains more than 25 essential vitamins and minerals like Vitamins A, B, C, E, lutein, copper, magnesium, potassium, zinc, fiber, folate, niacin, thiamine, and riboflavin. It also contains monounsaturated or the good fats which is present only in few fruits. A cup of it contains 29mcg of Vitamin L, 874mg of Potassium, and 90mcg Folate.

Next on the list is watermelon. It is an excellent source of Vitamins A, C, and B6. This summer fruit is also known as a good source of Vitamins B1, Potassium and Magnesium and is responsible for maintaining a healthy and immune cardiovascular system. Recent studies also showed that it was found to have Viagra-like effects to the blood vessels.

Another nutritious fruit is the Raspberry, which is brimming also with a wide variety of nutrients. Considered an excellent source of Vitamin C, B2, B3, fiber, manganese, folate, magnesium, potassium and copper and known to be a good antioxidant as well, which provides protection from various ailments like cancers and other cardiovascular diseases.

A cup of my favorite fruit, the cantaloupe or also known as netted melon, contains 5158 IU of vitamin A and 67 mg of vitamin C which are both more than the recommended daily value. A good source of potassium, vitamin B6, B3, dietary fiber and folate and contains the largest amount of digestive enzymes compared to papayas and mangoes. The American Cancer Society fully recommends the Cantaloupe as it works as a helpful agent against intestinal cancer and melanoma. Like Raspberries Cantaloupe is also a good source of polyphenol antioxidant.

About the Author

Go places and never let your cravings for [food](#) taken for granted. Sharing with you his experiences and ideas about foods, the author now put into writing all his thoughts about [foods](#). As a lover of food and a health conscious one, the author is aiming to inform every people around the world the best places to dine, foods that are good for the health, the pros and cons of a certain food and more.

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