South Asian Countries

1. India – Mango ( A fleshy fruit, eaten ripe or used green for pickles etc., of the tree Mangifera indica, the mango is one of the most important and widely cultivated fruits of the tropical world. Its juicy fruit is a rich source of Vitamins A, C and D. In India there are over 100 varieties of mangoes, in different sizes, shapes and colors. Mangoes have been cultivated in India from time immemorial. The poet Kalidasa sang its praises. Alexander savored its taste, as did the Chinese pilgrim Hieun Tsang. Mughal emperor Akbar planted 100,000 mango trees in Darbhanga, Bihar at a place now known as Lakhi Bagh.It is the symbol of Love in India. Mangoes are juicy stone fruit from numerous species of tropical trees, cultivated mostly for their edible fruit. The majority of these species are found in nature as wild mangoes. The energy value per 100 g (3.5 oz) serving of the common mango is 250 kJ (60 kcal), and that of the apple mango is slightly higher (330 kJ (79 kcal) per 100 g). Fresh mango contains a variety of [nutrients](https://en.wikipedia.org/wiki/Nutrient) , but only [vitamin C](https://en.wikipedia.org/wiki/Vitamin_C) and [folate](https://en.wikipedia.org/wiki/Folate) are in significant amounts of the [Daily Value](https://en.wikipedia.org/wiki/Daily_Value) as 44% and 11%, respectively.)
2. Pakistan – Mango (There can't be any other! It's known as king of fruits and is available for most part of the summer. More than 200 varieties of mangoes can be found across Pakistan. Well known varieties include Sindhri, Ratol, Langra, Doseri, Fajri and the most prominent being Chaunsa. Plantations are spread across Pakistan but South Punjab and Sindh regions are famous for their quality of mangoes. The vast plains of South Punjab and Sindh with high temperatures and low humidity, provide the best climate for this fruit. Mangoes are juicy stone fruit from numerous species of tropical trees, cultivated mostly for their edible fruit. The majority of these species are found in nature as wild mangoes. The energy value per 100 g (3.5 oz) serving of the common mango is 250 kJ (60 kcal), and that of the apple mango is slightly higher (330 kJ (79 kcal) per 100 g). Fresh mango contains a variety of [nutrients](https://en.wikipedia.org/wiki/Nutrient), but only [vitamin C](https://en.wikipedia.org/wiki/Vitamin_C) and [folate](https://en.wikipedia.org/wiki/Folate) are in significant amounts of the [Daily Value](https://en.wikipedia.org/wiki/Daily_Value) as 44% and 11%, respectively.)
3. Bangladesh – Jack Fruit (The jackfruit has been named as the national fruit of Bangladesh and is a fruit that has been in existence for thousands of years. It is believed that jackfruit trees were planted in Hawaii even before 1888 and archaeologists have estimated that it has been growing in India for between 3000 to 6000 years. It is one of the largest fruits to grow on trees in the world, and a Jackfruit Tree can live and bear fruit for approximately a hundred years if taken care of correctly. The flesh of the jackfruit is starchy and fibrous and is a source of dietary fiber. The pulp is composed of 74% water, 23% [carbohydrates](https://en.wikipedia.org/wiki/Carbohydrates), 2% [protein](https://en.wikipedia.org/wiki/Protein), and 1% fat. In a 100-g portion, raw jackfruit provides 400 kJ (95 kcal) and is a rich source (20% or more of the [Daily Value](https://en.wikipedia.org/wiki/Daily_Value), DV) of [vitamin B6](https://en.wikipedia.org/wiki/Vitamin_B6) (25% DV). It contains moderate levels (10-19% DV) of [vitamin C](https://en.wikipedia.org/wiki/Vitamin_C) and [potassium](https://en.wikipedia.org/wiki/Potassium), with no other nutrients in significant content.)
4. Nepal - NO
5. Bhutan - NO
6. Sri Lanka – Jack Fruit (The **jackfruit** also known as **jack tree**. Its native range is unknown but most sources place its center of origin in the region between the [Western Ghats](https://en.wikipedia.org/wiki/Western_Ghats) of southern [India](https://en.wikipedia.org/wiki/India) to the [rainforests](https://en.wikipedia.org/wiki/Rainforests) of [Borneo](https://en.wikipedia.org/wiki/Borneo). The jack tree is well-suited to tropical [lowlands](https://en.wikipedia.org/wiki/Lowland), and it bears the largest fruit of all trees; reaching as much as 55 kg (120 lb) in weight, 90 cm (35 in) in length, and 50 cm (20 in) in diameter. A mature jack tree can produce about 100–200 fruits in a year. The jackfruit is a [multiple fruit](https://en.wikipedia.org/wiki/Multiple_fruit) composed of hundreds to thousands of individual flowers, and the fleshy petals of the unripe fruit are eaten. The immature fruit (unripe, commercially labeled as *young* jackfruit) has a mild taste and meat-like texture that lends itself to being a meat substitute for vegetarians and vegans. The ripe fruit can be much sweeter (depending on variety) and is more often used for deserts. The flesh of the jackfruit is starchy and fibrous and is a source of dietary fiber. The pulp is composed of 74% water, 23% [carbohydrates](https://en.wikipedia.org/wiki/Carbohydrates), 2% [protein](https://en.wikipedia.org/wiki/Protein), and 1% fat. In a 100-g portion, raw jackfruit provides 400 kJ (95 kcal) and is a rich source (20% or more of the [Daily Value](https://en.wikipedia.org/wiki/Daily_Value), DV) of [vitamin B6](https://en.wikipedia.org/wiki/Vitamin_B6) (25% DV). It contains moderate levels (10-19% DV) of [vitamin C](https://en.wikipedia.org/wiki/Vitamin_C) and [potassium](https://en.wikipedia.org/wiki/Potassium), with no other nutrients in significant content.)
7. Afghanistan – Peach (**Peach** is a soft, juicy and fleshy [stone fruit](https://en.wikipedia.org/wiki/Drupe) produced by a [peach](https://en.wikipedia.org/wiki/Peach) tree. Peaches were cultivated in China as far back as 8,000 years ago, with domestication at least 4,000 years ago. Hundreds of peach and nectarine cultivars are known. These are classified into two categories — the [freestones and the clingstones](https://en.wikipedia.org/wiki/Drupe), depending on whether the flesh sticks to the stone or not. Freestones are those whose flesh separates readily from the pit. Clingstones are those whose flesh clings tightly to the pit. Some cultivars are partially freestone and clingstone, so are called semifree. Raw peach flesh is 89% water, 10% [carbohydrates](https://en.wikipedia.org/wiki/Carbohydrate), 1% [protein](https://en.wikipedia.org/wiki/Protein), and contains negligible [fat](https://en.wikipedia.org/wiki/Fat). A medium raw peach, weighing 100 g (3.5 oz), supplies 39 [calories](https://en.wikipedia.org/wiki/Calorie), and contains small amounts of [essential nutrients](https://en.wikipedia.org/wiki/Essential_nutrients), but none is a significant proportion of the [Daily Value](https://en.wikipedia.org/wiki/Daily_Value) (DV, right table). A raw [nectarine](https://en.wikipedia.org/wiki/Nectarine) has similar low content of nutrients. The [glycemic load](https://en.wikipedia.org/wiki/Glycemic_load) of an average peach (120 grams) is 5, similar to other low-sugar fruits.)
8. Maldives – Coconut (Coconut is a round and elongate fruit of white, fibrous and oily meat covered by a thick, brown and hairy shell. Coconuts are surrounded by a fibrous kernel, inside which is a white meat called copra. When the fruit is still tender it yields a milky fluid that is commonly used as basic food in some zones. Coconuts represent an important nutritional supply in the diet of the Arabs in the desert. One hundred grams of this product provide with 363 to 669 kcal. The same amount supplies between 4.8 and 10.8 of glucids and around 9 g of fibre.  
     
   Among the minerals of this tropical fruit we underline the importance of potassium (35-650 mg for 100 g of produce) and chlorine (122-190 mg for 100 g of fresh produce).)

Vitamin – A

1. Mango
2. Cantaloupe
3. Pink/red Grape Fruit
4. Watermelon
5. Papaya
6. Apricot
7. Guava
8. Passion Fruit
9. Nectarine
10. Tangerine
11. Pistachios
12. Goji Berry

Vitamin – C

1. Lemon
2. Orange
3. Strawberry
4. Papaya
5. American Persimmon
6. Lychee
7. Kiwi
8. Guava
9. Rose Hip
10. Kakadu Plum
11. Acerola Cherry
12. Pineapple

Vitamin – E

1. Almonds
2. Hazelnut
3. Pine Nut
4. Peanut
5. Avocado
6. Mango
7. Kiwi
8. Mamey Sapote
9. Black Berry
10. Black Currants
11. Cranberry
12. Olive