

Fruit Nutrition Guide

1. Bananas - High in potassium and vitamin B6.
2. Apples - Rich in fiber and vitamin C.
3. Oranges - Great source of vitamin C.
4. Strawberries - High in antioxidants and vitamin C.
5. Grapes - Contain vitamins C and K, and antioxidants.
6. Mangoes - Excellent source of vitamin A and C.
7. Pineapples - Rich in vitamin C and enzymes for digestion.
8. Watermelon - Hydrating and contains vitamin A and C.