

## Florida tropical fruits are high in antioxidants.

See how fruit from Florida (in orange) compares with other fruits found on your grocer's shelf.  
Serving size is 100g of fruit.

Fruit	Antioxidants			Total dietary fiber (% Daily Value)
	ORAC	Total Phenolics	Total Vitamin C (% Daily Value)	
blueberry	6180-9210	531-795	10 (13%)	2 (10%)
apple	2570-3860	211-341	5 (7%)	2 (4%)
orange	1785	337	53 (70%)	2 (10%)
<b>Red guava</b>	<b>1670</b>	<b>232</b>	<b>122 (163%)</b>	<b>7 (29%)</b>
broccoli	1480	330	89 (119%)	3 (10%)
strawberry		103	59 (79%)	2 (10%)
<b>Carambola</b>	<b>1290</b>	<b>221</b>	<b>17 (23%)</b>	<b>1 (5%)</b>
Carrot	1160	125	6 (8%)	3 (11%)
grape	1110	145	11 (15%)	1 (4%)
<b>White guava</b>	<b>990</b>	<b>159</b>	<b>201 (268%)</b>	<b>4 (16%)</b>
Banana	810	231	9 (1512%)	3 (10%)
<b>Red pitaya</b>	<b>760</b>	<b>108</b>	<b>56 (75%)</b>	<b>3 (13%)</b>
<b>Mamey</b>	<b>660</b>	<b>101</b>	<b>8 (11%)</b>	<b>6 (24%)</b>
<b>Lychee</b>	<b>540</b>	<b>77</b>	<b>8 (11%)</b>	<b>2 (6%)</b>
<b>Ripe papaya</b>	<b>530</b>	<b>44</b>	<b>154 (205%)</b>	<b>2 (7%)</b>
<b>Longan</b>	<b>330</b>	<b>48</b>	<b>14 (19%)</b>	<b>1 (4%)</b>
Cantaloupe	300	124	37 (83%)	1 (4%)
<b>White pitaya</b>	<b>300</b>	<b>52</b>	<b>13 (17%)</b>	<b>1 (4%)</b>
<b>Ripe mango</b>	<b>220</b>	<b>51</b>	<b>93 (124%)</b>	<b>1 (5%)</b>
<b>Green mango</b>	<b>150</b>	<b>51</b>	<b>30 (40%)</b>	<b>2 (6%)</b>
<b>Sapodilla</b>	<b>140</b>	<b>50</b>	<b>12 (16%)</b>	<b>4 (7%)</b>
<b>Green papaya</b>	<b>1</b>	<b>33</b>	<b>57 (76%)</b>	<b>2 (8%)</b>

Antioxidants = ORAC,  $\mu$ M TE/100g puree;

no Daily Value yet established.

Total Phenolics = mg GA/100g puree; no Daily Value yet established

Total Vitamin C = Total ascorbic acid, mg/100g fruit.

Total dietary fiber = g/100g fruit.

**Data for Florida-grown tropical fruits:** Mahattanatawee et al., 2006. J. Agric. Food Chem, 54:7355-7363.

**Sources of data on other fruits:** Wu et al., 2004, J. Ag. Food Chem. 52, 4026-4037; Hassimotto et al., 2005, J. Agric Food Chem, 53, 2928-2935; USDA, ARS National Nutrient Database for Standard Reference (<http://www.nal.usda.gov/fnic/foodcomp/search/>); Nitithan et al., 2004, J. Med. Assoc. Thailand, 87, 1444-1446.

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