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	Fruit	Calories	Nutrition and Diet Tips
	<b>A</b> Apple (eating)	45	lots of fibre content will help you feel full longer and flavonoids that protect against many diseases. The pectin is believed to lower cholesterol and cut cravings for several hours. It's true 'an apple a day keeps the doctor away'
	<b>A</b> Apricot	17	contain lots of potassium and fibre
	<b>B</b> Banana	80	great slow-release fruit full of potassium
	<b>B</b> Blackberries per 100g	28	lots of yummy vitamin c
	<b>B</b> Blueberries per 100g	51	provide the most antioxidants, which help prevent cancer-causing cell damage
	<b>C</b> Cherries per 100g	40	high vitamin c and anti-inflammatory properties
	<b>C</b> Clementine	20	contains thiamin, potassium and is teeming with vitamin C. This is the easiest small orange to peel and should be pipless.
	<b>C</b> Cranberries per 100g	46	full of antioxidants and helps prevent plaque formation on teeth. Can help block urinary infections
	<b>G</b> Gooseberries per 100g	36	lots of vitamin C, vitamin A, potassium, manganese and fibre

	<b>G</b> Grapefruit (half)	20	full of vitamin C, vitamin A, folic acid and potassium. Studies have shown that eating half a grapefruit before a meal can help you lose weight and help lower cholesterol. There are more vitamins in pink and red varieties of grapefruit
	<b>G</b> Grapes per 100g	60	contain lots of, vitamin C, vitamin A and K. Grape skins contain flavonol a powerful antioxidant. The darker the grape colour the more they contain.
	<b>K</b> Kiwi Fruit	25	more vitamin C than an orange and lots of antioxidants and fibre. Studies have shown eating kiwi fruits may help protect you against age-related Macular Degeneration and asthma
	<b>L</b> Lemon	14	packed with vitamin C and anti-oxidants - good cure for scurvy too!
	<b>L</b> Lime	11	vitamin C and potassium
	<b>M</b> Mandarin	20	delicious, tasty and full of vitamin C
	<b>M</b> Mango	95	high iron, magnesium and potassium content and enzymes which can tenderize meat and increase metabolism
	<b>M</b> Melon per 100g	15 - 27	watermelon has the least calories and Honeydew the most - but still a low-calorie option
	<b>N</b> Nectarine	50	vitamin A, niacin and potassium and a good source of Vitamin C
	<b>O</b> Orange	48	bursting with vitamin C, thiamin and fibre
	<b>P</b> Peach	36	vitamin A, phytochemicals (these elements protect against disease) and fibre

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	<b>P</b> Pear	48	a great source of dietary fibre, vitamin C and copper
	<b>P</b> Pineapple per 100g	42	contains enzymes that tenderize meat and aid digestion - it's why we have gammon and pineapple. Great source of vitamin C and B and lots of minerals
	<b>P</b> Plum	20	vitamin C and A, calcium, magnesium, iron, potassium and fibre. Can act as a gentle laxative due to an element in the skin (the dried plum is a prune)
	<b>P</b> Pomegranate	100	full of potassium, vitamin C and vitamin K and pomegranate juice contains antioxidants and helps boost your immune system. two or three times higher anti-oxidants than red wine and green tea
	<b>R</b> Raspberries per 100g	24	full of salicylates, compounds with anti-clotting properties, helps reduce the risk of heart attacks and strokes.
	<b>R</b> Rhubarb per 100g	21	a good source of dietary fibre, vitamin C, vitamin K, calcium, magnesium, manganese and potassium
	<b>S</b> Satsuma	20	vitamin C, thiamin, potassium are found in this tasty seedless orange - a wonderful low-calorie snack
	<b>S</b> Strawberries per 100g	24	vitamin C, folic acid, potassium, iron, antioxidants and manganese
	<b>T</b> Tangerine	20	loads of vitamin C and the tastiest of the small oranges

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