

Fresh fruits have been associated with a reduced risk for chronic diseases such as cardiovascular disease, cancer and diabetes. Fruits contain important sources of key nutrients (see below). They also contain naturally occurring compounds referred to as phytonutrients; the term “phyto” originates from the Greek word meaning "plant". Phytonutrients have health benefits beyond basic nutrition. Scientists are continuing to identify new phytonutrients in fruits and vegetables.



Fruit	Vitamin A	Vitamin C	Potassium	Fiber	Folate	Glycemic Index	Pesticides residues	STORAGE
Apricots	Y	Y	Y	Y		57		Store at room temperature or refrigerate. Use within a day or two
Asian pear				YY		<55	Moderately high	Store in paper bags in the produce bin of your refrigerator
Blackberries		Y	Y	Y		40		Store at room temperature or refrigerate in a single layer
<b>Cantaloupe</b>	YY	YY				65		Room temperature for 2 to 3 days. Refrigerate after cutting
Cherries		Y		Y		22	High	Room temperature for a few days, or longer in the refrigerator
Figs				Y		>70		Room temperature for a few days, or longer in the refrigerator.
<b>Gooseberries</b>		Y		Y		<55		Room temperature or refrigerate in a single layer. Use within a day or two.
Grapes		Y	Y			49	High-Imported	Wash thoroughly and store in the refrigerator
Guava	Y	Y	Y	Y	Y	56-69		Store at room temperature or refrigerate. Use within a day or two. Refrigerate ripe fruit in a plastic or paper bag for up to a week.
Honey dew		Y				<55		Unripe whole melons may be kept in a paper bag at room temperature for 2 to 3 days. Ripe melons should be wrapped in plastic wrap and refrigerated for up to 5 days
Mangoes	Y	Y				51		Keep at room temperature, where fruit will continue to ripen
Papaya	Y	Y	Y	Y		59		Store at room temperature
Papaya	Y	Y	Y	Y		59		Store at room temperature. Remove skin
Peaches		Y				50	High	Store at room temperature for a few days, or longer in the refrigerator.

Plum		Y				39		Keep at room temperature for a few days, or longer in the refrigerator
Raspberry		Y		Y		V low		Store at room temperature or refrigerate in a single layer.
Strawberries		Y		Y		40	High	Store at room temperature or refrigerate in a single layer.
Watermelon	Y	Y				72		Store at room temperature for 2 to 3 days. Refrigerate after cutting.



Pesticides residues

High

**Recommend choosing organic over conventional**

Glycemic Index

<55 = low glycemic index

55-70 = intermediate glycemic index

> 70 = high glycemic index

Sujata Patel, MA, RD, CDN,CCN

[sujata.patel@greenwichhospital.org](mailto:sujata.patel@greenwichhospital.org)

Center for Integrative Medicine. Greenwich hos Hospital



