

Budget Fruits vs Expensive Fruits

Same benefits, sometimes better, at a fraction of the price

Imported and trendy fruits get a health halo, but price rarely tracks nutrition. Below are 6 everyday swaps where the budget-friendly fruit matches or beats its expensive counterpart on key micronutrients and macros. Where the pricier fruit genuinely wins on something, the guide says so.

Guava vs Kiwi

PER 100 G	GUAVA (BUDGET)	KIWI (PRICEY)	EDGE
Approx. price (Rs/kg)	60 - 100	400 - 700	Guava
Vitamin C	~228 mg	~93 mg	Guava
Fibre	~5.4 g	~3.0 g	Guava
Protein	~2.6 g	~1.1 g	Guava
Calories	~68 kcal	~61 kcal	Tie

Takeaway: Guava has roughly 2.5x the vitamin C and nearly double the fibre of kiwi, at a fraction of the cost.

Papaya vs Dragon Fruit

PER 100 G	PAPAYA (BUDGET)	DRAGON FRUIT (PRICEY)	EDGE
Approx. price (Rs/kg)	40 - 70	250 - 450	Papaya
Vitamin C	~62 mg	under 10 mg	Papaya
Vitamin A	~47 mcg RAE	negligible	Papaya
Fibre	~1.7 g	~3.0 g	Dragon Fruit
Calories	~43 kcal	~60 kcal	Papaya

Takeaway: Papaya wins clearly on vitamin C and A and is lower in calories. Dragon fruit has more fibre, but papaya's papain enzyme also supports digestion.

Amla vs Pomegranate

PER 100 G	AMLA (BUDGET)	POMEGRANATE (PRICEY)	EDGE
Approx. price (Rs/kg)	80 - 150	150 - 300	Amla
Vitamin C	~250 mg or more	~10 mg	Amla
Fibre	~4 - 5 g	~4.0 g	Tie
Antioxidants	Very high (polyphenols)	High (punicalagins)	Tie
Calories	~44 kcal	~83 kcal	Amla

Takeaway: Amla has many times the vitamin C of pomegranate, similar fibre and strong antioxidant content, for roughly half the price.

Banana vs Avocado

PER 100 G	BANANA (BUDGET)	AVOCADO (PRICEY)	EDGE
Approx. price (Rs/kg)	40 - 70	300 - 600	Banana
Potassium	~358 mg	~485 mg	Avocado
Vitamin B6	~0.37 mg	~0.26 mg	Banana
Fibre	~2.6 g	~6.7 g	Avocado
Healthy fats	~0.3 g	~15 g	Avocado

Takeaway: Banana gives comparable potassium and more B6 for a tiny fraction of the price. Avocado does win on fibre and healthy fats, so pair a banana with nuts or seeds to cover the gap.

Orange / Mosambi vs Strawberries

PER 100 G	ORANGE / MOSAMBI (BUDGET)	STRAWBERRIES (PRICEY)	EDGE
Approx. price (Rs/kg)	60 - 120	300 - 500 (seasonal)	Orange / Mosambi
Vitamin C	~53 mg	~59 mg	Tie
Folate	~30 mcg	~24 mcg	Orange / Mosambi
Fibre	~2.4 g	~2.0 g	Orange / Mosambi
Calories	~47 kcal	~32 kcal	Strawberries

Takeaway: Practically identical vitamin C, with oranges slightly ahead on folate and fibre. Strawberries are lower in calories, but the price gap is large.

Jamun (seasonal) vs Blueberries

PER 100 G	JAMUN (SEASONAL) (BUDGET)	BLUEBERRIES (PRICEY)	EDGE
Approx. price (Rs/kg)	200 - 400 (in season)	1500 - 2500	Jamun (seasonal)
Key antioxidants	Anthocyanins, polyphenols	Anthocyanins, polyphenols	Tie
Iron and potassium	Good source	Modest	Jamun (seasonal)
Blood sugar research	Traditional use, limited trials	More studied	Blueberries
Availability	Summer / monsoon only	Year-round (imported)	Blueberries

Takeaway: Jamun delivers the same class of purple-pigment antioxidants that made blueberries famous, at a fraction of the price while in season. Blueberries simply have more research behind them.

Note: Nutrient values are approximate per 100 g of raw fruit (based on USDA-style reference data) and vary with variety, ripeness and growing conditions. Prices are indicative ranges only and change by city and season. This guide is for general education, not a prescribed diet plan.