

Fruits, Decoded

Top 20 Fruits and Their Unique, Standout Benefit

Every fruit brings something different to the table — watermelon leads on hydration, avocado is the only fruit that's genuinely fat-dense, and cherries are one of the few natural food sources of melatonin. This guide breaks down 20 fruits, colour-coded by the nutrient or compound they're best known for, with a practical way to include each one.

Colour Key

Hydration	Vitamin C	Fiber	Minerals	Healthy Fats	Antioxidants	Digestive Enzymes	Vitamin A	Blood Sugar Support	Brain & Sleep
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The 20 Fruits

Fruit	Nutrient	Unique Benefit	How to Include It
1. Watermelon	Hydration	Has one of the highest water contents of any fruit (about 92%), making it a natural hydration booster.	A go-to snack in hot weather or after a workout.
2. Amla (Indian Gooseberry)	Vitamin C	One of the richest natural vitamin C sources of any fruit, far surpassing oranges gram-for-gram.	Eat one fresh amla, or have amla juice a few times a week.
3. Kiwi	Vitamin C	Packs more vitamin C than an orange, plus a solid dose of vitamin K for bone health.	Eat a whole kiwi as a snack, skin included if you don't mind the texture.
4. Oranges	Vitamin C	A classic vitamin C source, plus hesperidin, a citrus-specific antioxidant linked to blood vessel health.	Eat as a whole fruit rather than juice, to also get the fibre.
5. Strawberries	Vitamin C	Higher in vitamin C than most other berries, plus a good dose of folate.	Add to smoothies, curd bowls, or eat fresh as a snack.
6. Guava	Fiber	One of the highest fibre contents of any common fruit, supporting digestion and fullness.	Eat a bowl as a snack or add to your daily fruit chaat.
7. Apples	Fiber	Contains pectin, a soluble fibre linked to supporting healthy cholesterol and gut health.	Eat with the skin on for the most fibre.
8. Dragon Fruit	Fiber	A good source of prebiotic fibre, which feeds beneficial gut bacteria.	Scoop out and eat fresh, or blend into a smoothie bowl.
9. Banana	Minerals	One of the richest potassium sources among fruits, supporting muscle and heart function.	Eat one as a daily snack, or add to smoothies and oats.
10. Figs (Fresh)	Minerals	Unusually high in calcium for a fruit, making it a useful non-dairy calcium source.	Have 2-3 fresh figs as a snack when in season.
11. Avocado	Healthy Fats	Has the highest fat content of any fruit, mostly heart-healthy monounsaturated fat.	Add slices to a sandwich or blend into a smoothie 2-3 times a week.

Fruit	Nutrient	Unique Benefit	How to Include It
12. Pomegranate	Antioxidants	Contains an exceptionally high concentration of polyphenol antioxidants, more than most other fruits.	Add the seeds to salads, curd, or eat as a standalone snack.
13. Blueberries	Antioxidants	Among the highest antioxidant capacity per gram of any fruit, thanks to their anthocyanin content.	Add a small handful to curd, oats, or smoothies a few times a week.
14. Grapes	Antioxidants	Contains resveratrol, an antioxidant studied for supporting heart health, concentrated mostly in the skin.	Eat with the skin on for the most resveratrol content.
15. Papaya	Digestive Enzymes	Contains papain, a natural enzyme that helps break down protein and supports digestion.	Eat a bowl as a snack or add to your daily fruit chaat.
16. Pineapple	Digestive Enzymes	Contains bromelain, a unique enzyme linked to aiding digestion and reducing inflammation.	Eat fresh as a snack, ideally including the core, where bromelain is most concentrated.
17. Mango	Vitamin A	One of the richest fruit sources of beta-carotene, which the body converts to vitamin A.	Enjoy a bowl as a seasonal treat, mindful of portion size due to its natural sugar content.
18. Jamun (Java Plum)	Blood Sugar Support	Contains unique compounds traditionally linked to supporting healthy blood sugar levels.	Eat as a seasonal snack; the seeds are sometimes dried and powdered for the same purpose.
19. Custard Apple (Sitaphal)	Brain & Sleep	Notably high in vitamin B6 among fruits, a nutrient that supports mood regulation and brain function.	Enjoy as a seasonal treat in moderation, since it's higher in natural sugar.
20. Cherries	Brain & Sleep	One of the few natural food sources of melatonin, the hormone that regulates your sleep-wake cycle.	Have a small bowl as an evening snack when in season.

Note: Nutrient comparisons are general and can vary by variety, ripeness, and growing conditions. This guide is for general education, not medical or dietary prescription — consult a nutritionist for advice specific to your needs.