

	Carotenoids				Flavonoids				Sulphoraphane	Limonene	Indoles	Ellagic Acid	Allium Compounds
	Beta-carotene	Lutein	Lycopene	Zeaxanthin	Resveratrol	Anthocyanins	Quercetins	Hesperidin					
apples													
apricots													
blackberries													
blueberries													
cantaloupe													
cherries													
currants													
grapefruits													
kiwifruit													
limes													
mangoes													
oranges													
papaya													
pears													
pink grapefruit													
plums													
prunes													
raisins													
raspberries													
red grapes													
strawberries													
tangerines													
watermelon													



* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Food and Drug Administration and Produce Marketing Association.

[Print Chart](#) Acrobat Reader is necessary to print the file. Download [Acrobat Reader](#) if needed.

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