For optimum health, choose your fruits and vegetables from this list of exceptionally nutritious and delicious produce. Produce in the majenta font should be eaten as soon after harvest as possible for maximum flavor and health benefits. Ideally, plant these varieties in your garden or buy directly from a farmer.
FRUITS

APPLES
Braeburn
Cortland
Jonathan
Fuji
Gala
Granny Smith
Liberty
Honeycrisp
Red Delicious

BERRIES (FRESH OR FROZEN)
Blackberries
Blueberries
Boysenberries
Cranberries
Loganberries
Marionberries
Raspberries
Strawberries

CITRUS FRUITS
Blood oranges
Cara Cara oranges
Clementines
Navel oranges
Red grapefruit
Tangelos (Honeybells)
Tangerines
Valencia oranges

GRAPES AND RAISINS
Black, red, or blue grapes
Currants (Zante)
Golden raisins
Muscat raisins
Raisins made from red grapes

MELONS
Dark-red watermelons
Orange honeydew

STONE FRUITS
Plums, purple, black, or red
White-fleshed peaches or nectarines
Bing cherries or other dark red cherries
Sour cherries

TROPICAL FRUITS
Golden pineapples (may be labeled “extra-sweet”)
Mangoes
Mexican papayas (Maradols)
Red and “Baby” bananas

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For detailed information, recipes and more, read Jo Robinson’s Eating on the Wild Side: The Missing Link to Optimum Health, a New York Times bestseller.