

*Supplement Table 1. Scores for selected fruit using NRF9f.3 per 100 calories*

Food Description	NRF 9.3 Per 100 kcal
Blackberries, raw	385
Lemon, raw	309
Lime, raw	295
Cranberries, raw	282
Blackberry juice	265
Blueberries, raw	262
Kumquat, raw	235
Strawberries, raw	233
Raspberries, red, raw	220
Lemon juice, canned or bottled	218
Strawberries, frozen, unsweetened	215
Grapefruit, raw	214
Tangelo, raw	212
Orange, raw	212
Boysenberries, frozen	210
Cantaloupe (muskmelon), raw	208
Cantaloupe, frozen (balls)	206
Lemon juice, frozen	200
Orange juice frozen w calcium	192
Blueberries, frozen, unsweetened	180
Kiwi fruit, raw	153
Apple, raw	60
Banana, raw	50