

Fruit Nutrition Reference

A sample document for Cheldrop testing — Fruit Set

Nutritional Overview (per 100 g)

The table below shows approximate nutritional values for common fruits. Values vary by ripeness and variety. All figures are per 100 g of edible portion.

Fruit	Calories	Carbs (g)	Fibre (g)	Vitamin C (mg)
Apple	52	14	2.4	5
Banana	89	23	2.6	9
Blueberry	57	14	2.4	10
Mango	60	15	1.6	37
Orange	47	12	2.4	53
Strawberry	32	8	2.0	59
Watermelon	30	8	0.4	8

How to Ripen Fruit Faster

Place unripe fruit in a paper bag with a banana or apple. These emit ethylene gas, which speeds up ripening. Keep the bag at room temperature and check daily.

How to Slow Ripening

Berries: Wash only before eating, not before storing. Keep in the fridge.

Stone fruit: Once ripe, move to the fridge to extend life by 2–3 days.

Bananas: Wrap the crown in cling film to slow ethylene release.

Avocados: Store a cut half with the stone in, flesh down on a plate in the fridge.

Five-a-Day Made Easy

A single portion is roughly 80 g. A medium apple, a small banana, a large slice of melon, or three heaped tablespoons of berries each count as one portion. Variety matters more than volume.

Cheldrop Test File — Fruit Set