

List of Fruits and Vegetables

Fruits and vegetables are essential components of a healthy diet, providing numerous benefits to the human body. Below is a comprehensive list of fruits and vegetables for reference.

List of fruits

No.	Fruit name	Description & benefits
1	Acai berry	A small, dark purple fruit rich in antioxidants, boosts brain health and supports digestion.
2	Apricots	Sweet and tangy, packed with vitamin A, good for skin and eye health.
3	Apples	High in fiber and vitamin C; promotes heart health and aids in weight management.
4	Avocado	Creamy texture, rich in healthy fats, potassium, and vitamins E and K.
5	Bananas	High in potassium, supports heart health, and provides quick energy.
6	Bilberry	Similar to blueberries, supports eye health and improves circulation.
7	Black currant	Rich in vitamin C, enhances immunity and supports joint health.
8	Blackberries	Loaded with fiber, vitamins C and K, and antioxidants for brain and skin health.
9	Blueberries	High in antioxidants, supports brain health, and reduces inflammation.
10	Bitter melon	Known for its bitter taste, helps regulate blood sugar and aids digestion.
11	Boysenberry	A hybrid berry, rich in vitamin C and fiber, supports digestion and immunity.
12	Cantaloupe	Sweet melon, packed with vitamins A and C, promotes hydration and skin health.
13	Cherimoya	Creamy and sweet, rich in vitamin C and B6, supports immunity and brain health.
14	Cherries	High in antioxidants, supports heart health and reduces inflammation.
15	Clementine	Small citrus fruit, rich in vitamin C, boosts immunity and skin health.
16	Cloudberry	Rare golden berry rich in antioxidants and vitamin C, supports skin and immunity.
17	Coconut	High in healthy fats, promotes hydration, and provides quick energy.
18	Cranberry	Known for urinary tract health, rich in antioxidants and vitamin C.
19	Damson	A type of plum, rich in fiber and vitamin C, aids digestion and boosts immunity.
20	Date	Sweet and chewy, high in natural sugars, fiber, and energy-boosting nutrients.

No.	Fruit name	Description & benefits
21	Dewberry	Similar to blackberries, rich in antioxidants and vitamin C.
22	Dragon fruit	Exotic and nutrient-dense, supports digestion and boosts immunity.
23	Durian	Known as the "king of fruits," rich in healthy fats, B vitamins, and antioxidants.
24	Elderberry	Boosts immunity, supports respiratory health, and reduces cold symptoms.
25	Feijoa	Sweet and tangy, rich in vitamin C and dietary fiber, supports digestion.
26	Fig	Sweet and high in fiber, promotes digestive health and supports heart health.
27	Grapefruit	Tart citrus fruit, high in vitamin C, supports weight management and boosts immunity.
28	Grapes	Rich in antioxidants, supports heart health and reduces inflammation.
29	Guava	High in vitamin C, supports immunity and digestive health.
30	Honeydew melon	Sweet and hydrating, rich in vitamin C and potassium.
31	Huckleberry	Small and tart, supports eye health and boosts immunity.
32	Jackfruit	Large and fibrous, rich in vitamin C, supports digestion and immunity.
33	Jujube	Sweet and chewy, high in vitamin C, promotes relaxation and sleep.
34	Kiwi	Tangy green fruit rich in vitamin C and fiber supports digestion and skin health.
35	Kumquat	Small citrus fruit eaten whole boosts immunity and supports digestion.
36	Lemon	Tart and refreshing, high in vitamin C, supports skin health and digestion.
37	Lime	Similar to lemon, rich in vitamin C, boosts immunity, and aids in digestion.
38	Lingonberry	Tart red berry rich in antioxidants, supports urinary tract and digestive health.
39	Loganberry	A hybrid berry supports brain health and reduces inflammation.
40	Longan	Sweet and juicy, rich in vitamin C, boosts immunity ,and supports skin health.
41	Lychee	Exotic and sweet, rich in vitamin C, supports immunity and skin health.
42	Mango	Sweet and tropical, high in vitamins A and C, supports eye and skin health.
43	Mamey sapote	Sweet and creamy, high in vitamins A and C, supports skin and eye health.

No.	Fruit name	Description & benefits
44	Medlar	A unique fruit rich in fiber, supports digestion, and boosts immunity.
45	Mulberry	Sweet and tart, rich in vitamin C and iron, supports blood health and immunity.
46	Nectarines	Similar to peaches, rich in vitamin C, supports skin and immune health.
47	Olive	High in healthy fats, supports heart and brain health.
48	Orange	Juicy and refreshing, packed with vitamin C, boosts immunity and skin health.
49	Papaya	Sweet and tropical, rich in vitamin C and papain, supports digestion and immunity.
50	Passion fruit	Exotic and tangy, high in vitamin C and fiber, supports digestion and immunity.
51	Peach	Juicy and sweet, rich in vitamin C, supports skin health and hydration.
52	Pear	Sweet and fibrous, supports digestive health and boosts hydration.
53	Persimmon	Sweet and rich, high in vitamin A, supports eye and skin health.
54	Pineapple	Sweet and tangy, rich in vitamin C and bromelain, supports digestion and immunity.
55	Plum	Sweet and tart, high in fiber, supports digestion, and boosts immunity.
56	Pomegranate	Rich in antioxidants, supports heart health and reduces inflammation.
57	Prickly pear	Sweet and fibrous, supports digestion and boosts hydration.
58	Quince	Tart and aromatic, high in vitamin C, boosts immunity and digestion.
59	Rambutan	Exotic and juicy, rich in vitamin C, supports skin health and immunity.
60	Raspberry	Sweet and tart, high in fiber and antioxidants, supports heart health.
61	Red currant	Tart and juicy, rich in vitamin C and antioxidants, boosts immunity.
62	Salak	Sweet and crunchy, high in vitamin C, supports skin health and digestion.
63	Sapodilla	Sweet and fibrous, supports digestion and boosts energy.
64	Soursop	Creamy and tangy, supports immunity and has anti-inflammatory properties.
65	Star fruit	Tart and juicy, and rich in vitamin C, boosts immunity and skin health.
66	Strawberry	Sweet and juicy, packed with vitamin C, supports skin health and immunity.
67	Tamarind	Sweet and tangy, high in antioxidants, and supports digestion.
68	Tangerine	Sweet citrus fruit, rich in vitamin C, supports immunity and skin health.

No.	Fruit name	Description & benefits
69	Ugli fruit	Sweet and tart citrus, rich in vitamin C, boosts immunity and hydration.
70	Vine ripe tomatoes	Sweet and juicy, high in lycopene, supports heart health, and reduces inflammation.
71	Watermelon	Hydrating and sweet, rich in vitamins A and C, supports hydration and skin health.
72	White currant	Tart and juicy, and rich in vitamin C, boosts immunity and skin health.

List of vegetables

No.	Vegetable name	Description & benefits
1	Acorn squash	A winter squash with a nutty, sweet flavor. High in vitamin C, fiber, and antioxidants, supports immune health.
2	Amaranth leaves	Dark green leaves with a slightly bitter taste. Rich in iron, calcium, and vitamin K, supports bone health.
3	Artichoke	Edible flower buds with a tender heart. High in fiber and antioxidants, supports digestive and liver health.
4	Arugula	Peppery leafy green. Rich in vitamin K and calcium, supports bone health.
5	Asparagus	Tender, spear-like shoots. High in folate and vitamin K, supports heart and bone health.
6	Bamboo shoots	Crunchy, edible shoots of bamboo. Low in calories, high in fiber, and supports digestion.
7	Beets	Sweet, earthy root vegetable. Rich in nitrates and antioxidants, supports blood flow and heart health.
8	Beet greens	Leafy tops of beets. High in vitamin K and iron, supports blood and bone health.
9	Bok choy	Chinese cabbage with a mild flavor. Rich in vitamins A and C, supports eye and immune health.
10	Broccoli	Green florets and stalks. High in vitamin C and fiber, supports immunity and digestion.
11	Brussel sprouts	Mini cabbage-like buds. Rich in vitamin K and antioxidants, supports bone and heart health.
12	Butternut squash	Sweet, orange-fleshed winter squash. High in beta-carotene and fiber, supports skin health and digestion.
13	Cabbage	Leafy vegetable with mild, peppery flavor. High in vitamin C and fiber, supports digestion and immunity.

No.	Vegetable name	Description & benefits
14	Carrot	Sweet, crunchy root vegetable. Rich in beta-carotene, supports eye and skin health.
15	Cauliflower	White, dense vegetable. High in vitamin C and fiber, supports digestion and immune health.
16	Celeriac	Knobby root vegetable. High in vitamin K and potassium, supports bone and heart health.
17	Celery	Crisp, green stalks. Low-calorie, hydrating, and supports digestion and weight management.
18	Chanterelle mushrooms	Golden, nutty-flavored mushrooms. High in vitamin D and antioxidants, supports immunity and bone health.
19	Chicory	Bitter, leafy green. Rich in inulin, supports digestion and gut health.
20	Chayote	Mild, green, pear-shaped squash. High in vitamin C and fiber, supports skin and digestion.
21	Collard greens	Large, leafy greens with a mild flavor. High in calcium and vitamin K, supports bone health.
22	Cremini mushrooms	Mild, earthy mushrooms. High in selenium and antioxidants, supports immune health.
23	Daikon	Mild, white radish. High in vitamin C and fiber, supports digestion and skin health.
24	Eggplant	Glossy purple-skinned vegetable. Rich in antioxidants and fiber, supports heart health.
25	Endive	Bitter, leafy vegetable. High in vitamins A and K, supports eye and bone health.
26	Enoki mushrooms	Long, thin mushrooms with a mild flavor. High in B vitamins and antioxidants, supports energy and immunity.
27	Fava beans	Creamy, green legumes. High in protein and fiber, supports muscle and digestive health.
28	Fiddlehead ferns	Coiled, green fern shoots. High in omega-3 fatty acids, supports brain and heart health.
29	Garlic	Pungent, aromatic bulbs. Contains allicin, and supports immunity and heart health.
30	Ginger	Spicy, aromatic root. Contains gingerol, supports digestion, and reduces inflammation.
31	Green beans	Slim, crunchy pods. High in fiber and vitamin K, supports digestion and bone health.
32	Green peas	Small, round, sweet legumes. Rich in protein, fiber, and vitamin C, supports energy and immune health.
33	Horseradish	Spicy root vegetable. Contains glucosinolates, aids digestion, and supports detoxification.

No.	Vegetable name	Description & benefits
34	Hub squash	Small winter squash with a sweet flavor. High in beta-carotene and fiber, supports skin health and digestion.
35	Iceberg lettuce	Crisp, watery lettuce. Low in calories, hydrating, and supports digestion and weight management.
36	Jicama	Crunchy root with a mildly sweet taste. High in fiber and vitamin C, supports gut health and immunity.
37	Kale	Leafy green with a slightly bitter taste. Rich in vitamin K, calcium, and antioxidants, supports bone and heart health.
38	Kohlrabi	Bulb-shaped vegetable with a mild flavor. High in vitamin C and potassium, supports immune and nerve health.
39	King oyster mushrooms	Large, meaty mushrooms. High in antioxidants and vitamin D, supports immunity and bone health.
40	Leek	Mild, onion-like stalks. Rich in vitamin K and manganese, supports heart and bone health.
41	Lettuce	Leafy green with a mild flavor. Low-calorie, hydrating, supports weight management.
42	Lotus root	Starchy root vegetable with a crunchy texture. High in vitamin C and fiber, supports digestion and skin health.
43	Manioc	Starchy root also known as cassava. High in carbohydrates, supports energy production.
44	Morel mushrooms	Spongy mushrooms with an earthy flavor. Rich in iron and antioxidants, supports blood and immune health.
45	Mushrooms	Edible fungi with various flavors. Low-calorie, high in antioxidants, supports immunity.
46	Mustard greens	Peppery leafy greens. Rich in vitamin K and folate, supports bone and brain health.
47	Okra	Slimy pods with a mild flavor. High in fiber and antioxidants, supports digestion and reduces inflammation.
48	Onion	Pungent bulb with a sweet, sharp flavor. Contains quercetin, supports heart health and boosts immunity.
49	Oyster mushrooms	Delicate, mild mushrooms. High in beta-glucans, supports immune health.
50	Parsnip	Cream-colored root vegetable. High in fiber and folate, supports digestion and energy production.
51	Pattypan squash	Small, scalloped squash. Low in calories, high in vitamin C, supports weight management.
52	Peppers	Sweet or spicy pods in various colors. Rich in vitamin C and capsaicin, supports immunity and reduces inflammation.

No.	Vegetable name	Description & benefits
53	Portobello mushrooms	Large, meaty mushrooms. High in protein and antioxidants, supports muscle and immune health.
54	Pumpkin	Orange, sweet winter squash. Rich in beta-carotene and fiber, supports eye and skin health.
55	Radicchio	Red, bitter leafy vegetable. High in antioxidants and vitamin K, supports heart and bone health.
56	Radish	Crisp, spicy root vegetable. High in vitamin C and antioxidants, supports skin and immune health.
57	Rhubarb	Tart, fibrous stalks. High in calcium and fiber, supports bone health and digestion.
58	Romaine lettuce	Crisp, leafy lettuce. Rich in vitamin A and folate, supports eye and heart health.
59	Rutabaga	Sweet, starchy root vegetable. High in vitamin C and fiber, supports digestion and immune health.
60	Sea kelp	Brown seaweed with a salty flavor. Rich in iodine, supports thyroid function and metabolism.
61	Shallots	Mild, sweet onion variety. High in antioxidants and allicin, supports heart health.
62	Shitake mushrooms	Smoky-flavored mushrooms. Rich in beta-glucans, supports immune and heart health.
63	Snow peas	Sweet, edible pea pods. High in vitamin C and fiber, supports immune and digestive health.
64	Spinach	Leafy green with a mild flavor. Rich in iron, vitamin K, and folate, supports blood and bone health.
65	Squash	Soft, starchy vegetable. High in beta-carotene and fiber, supports skin health and digestion.
66	String beans	Slim, crunchy pods. High in fiber and vitamin K, supports digestion and bone health.
67	Sweet potato	Sweet, starchy root vegetable. Rich in beta-carotene and fiber, supports eye health and digestion.
68	Swiss chard	Leafy green with colorful stems. High in magnesium and vitamin K, supports bone and heart health.
69	Turnip	Mild, starchy root vegetable. High in vitamin C and fiber, supports immune health and digestion.
70	Watercress	Peppery leafy green. Rich in vitamin A and C, supports eye and immune health.
71	Yam	Starchy root vegetable. High in carbohydrates and fiber, supports energy and digestive health.

No.	Vegetable name	Description & benefits
72	Zucchini	Tender summer squash. Low in calories, high in vitamin C, supports weight management.

Additional notes		
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