

Fruit Ranking Decision Guide

Choose the right comparison before you choose a fruit.

40 FRUITS / 43 STATES

01 / CHOOSE YOUR DENOMINATOR

Per 100 g
Compare the same edible mass.

This may not resemble a usual serving.

Per 100 kcal
Compare nutrient contribution for equal energy.

Low-calorie fruit can require a very large mass.

Per serving
Compare a practical source-defined amount.

Serving weights differ by exact fruit state.

02 / CHOOSE YOUR VIEW

START HERE

- 1 Browse every fruit**
Alphabetical view of all exact states; not a rank.
- 2 Compare calories**
Energy on one selected denominator.
- 3 Find more fiber**
Dietary fiber on one selected denominator.
- 4 Compare a real serving**
Selected nutrients using sourced serving weights.

GO DEEPER

- 1 Compare free glucose**
Source-reported composition; sucrose stays separate.
- 2 Compare free fructose**
Source-reported composition; sucrose stays separate.
- 3 Check nutrient-profile status**
NRF9.3 remains behind a reproduction gate.
- 4 Check glycemic-evidence status**
No eligible exact-state values are ranked in this release.

PHYSIQUE SKOOL LAW
A useful rank answers one declared question. It does not decide the whole diet.

Read the rank correctly

Use the value for the question it answers. Keep the limits beside it.

03 / WHAT THIS MEANS

VIEW	What this means	What this does not mean
Calories	Energy on the selected denominator.	Nutrient quality, satiety, or ideal intake.
Fiber	Dietary fiber on the selected denominator.	Guaranteed fullness or digestive tolerance.
Free sugars	Source-reported glucose or fructose composition.	Blood response, liver effects, or food quality.
Evidence status	Whether the exact method and food state are eligible.	The food was never studied or has no effect.

04 / FIVE-STEP COMPARISON CHECKLIST

Five-step comparison checklist

- ☐ 01
- Choose one question before looking at ranks.
- ☐ 02
- Choose one denominator and keep it fixed.
- ☐ 03
- Check the exact food state and serving description.
- ☐ 04
- Count eligible records and identify missing values.
- ☐ 05
- Open the evidence trail before applying the result.

BONUS / USE THIS WITH ANY THREE RECORDS

Compare-three-fruits worksheet

	Fruit 1	Fruit 2	Fruit 3
Exact food state			
Question + denominator			
Displayed value + evidence			
Your decision			