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Fruit Accessibility

The table below will help the practitioner know what fruits the client has readily access to at the current time and season of the year.

This information can be used to better organize structured diet plans, and for choosing the best fruit for periods of mono-meal dieting.

MARK OFF ("X") THE FRUITS YOU HAVE EASY ACCESS TO THIS TIME OF YEAR							
SUB-ACID FRUITS	Mark	**ACID FRUITS**	Mark	**SWEET FRUITS**	Mark	**NON-SWEET FRUITS**	Mark
Apple		Grapefruit		Banana		Bell pepper	
Apricot		Kiwi		Date		Cucumber	
Blackberry		Kumquat		Fig		Tomato	
Blueberry		Lemon		Jackfruit		Zucchini	
Cherimoya		Lime		Jujube		**HIGH FAT FRUITS**	N/A
Cherry		Orange		Longan		Avocado	
Grape		Pineapple		Mamey Sapote		Coconut	
Loquat		Pomegranate		Mangosteen		Durian fruit	
Lychee		Strawberry		Papaya		Olives (home-cured)	
Mango		Tangelo		Persimmon		**OTHER FRUITS**	N/A
Nectarine				Prune		Long kong	
Peach				Raisin		Pomelo	
Pear						Rambutan	
Plum						Star fruit	
Raspberry						Water apple	