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Let's tee up the forthcoming coverage of all 20 superfruits [discussed in the Superfruits book](#).

*Why are we interested in Superfruits?*

*What makes each one truly super?*

The following are excerpts from the Welcome chapter in the book, pages 6-13.

### *Twenty True Superfruits*

These were factors to apply objective criteria for defining true superfruits.

- Nutrient diversity and density
- Phytochemical diversity and density
- Basic research intensity
- Clinical research progress
- Popularity based on sensory appeal and market interest

The list of Nature's Top 20 Superfruits, ranked according to the above criteria:

1. mango
2. fig
3. orange
4. strawberry
5. wolfberry (goji)
6. red grape
7. cranberry
8. kiwifruit
9. papaya
10. blueberry
  
11. cherry
12. red raspberry
13. seaberry (sea buckthorn)

14. guava
15. blackberry
16. blackcurrant
17. date
18. pomegranate
19. açai
20. dried plum (prune)



Mangoes, rich in all 4 superfruit signatures:  
vitamin C, dietary fiber, carotenoids, polyphenols

### *A few reasons why mango is the top superfruit*

[follow the [Wikipedia links](#)]

- one of the [most widely cultivated and popular fruits](#) in the world
- over [100 species and cultivars](#), indicating extensive scientific interest and horticultural development to meet world consumer demand
- broad, dense nutrient and [phytochemical](#) content
- substantial numbers of publications on its basic research
- growing use as a rescue-food in famine and impoverished world regions, indicating clinical acceptance for mango's nutritional properties
- good shelf-stability as a fresh, dried or frozen whole food
- wide range of consumer applications

**NEXT!** A review of basic and clinical research progress on using mangoes in the diet for human health.

### *Including superfruits in your daily diet*

***"The key to sustainable health and enjoyment from your diet lies in regularly using a variety of different whole fruits, especially those that really are super because of their nutrient diversity and density, phytochemical content and potential to improve health and lower disease risk. This way, you're not only maximizing the variety of nutrient values from different fruits, but also capturing the best information from research on how they can contribute to your health.***

*With all of this great information, the best way to put it into action is to show you how easy it is to make superfruits a regular part of your diet."*

### *The Superfruit Challenge*

*"Would you be willing to change your diet if you could increase your chances of living longer and healthier? Combine that with looking younger, lowering your body weight and reducing your risk of getting cancer, cardiovascular disease or diabetes? All these plus passing along healthier eating practices and their benefits to your children?"*

*Having superfruits regularly in your diet means you can bank these advantages on your side. The top 20 fruits not only have superior nutritional properties, but are enjoyable to eat, commonly available and inexpensive to use every day, justifying them as mainstays for your diet.*

*Of greatest importance is the value superfruits have for promoting lifelong healthy diets for you and your loved ones. Could anything be more important and yet so simple?*

**Superfruits are a vehicle carrying you to better health, so get on board!"**

**[Get The Superfruits Book Here!](#)**



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