

The Full List: 49 Fruits and Veggies (from www.foodnews.org)

Rank	Fruit or Veggie
1 (Best)	Onions
2	Avocado
3	Sweet Corn (<i>Frozen</i>)
4	Pineapples
5	Mango (<i>Subtropical and Tropical</i>)
6	Sweet Peas (<i>Frozen</i>)
7	Asparagus
8	Kiwi Fruit (<i>Subtropical and Tropical</i>)
9	Cabbage
10	Eggplant
11	Cantaloupe (<i>Domestic</i>)
12	Watermelon
13	Grapefruit
14	Sweet Potatoes
15	Honeydew Melon
16	Plums (<i>Domestic</i>)
17	Cranberries
18	Winter Squash
19	Broccoli
20	Bananas
21	Tomatoes
22	Cauliflower
23	Cucumbers (<i>Domestic</i>)
24	Cantaloupe (<i>Imported</i>)
25	Grapes (<i>Domestic</i>)

26	Oranges
27	Red Raspberries
28	Hot Peppers
29	Green Beans (<i>Imported</i>)
30	Cucumbers (<i>Imported</i>)
31	Summer Squash
32	Plums (<i>Imported</i>)
33	Pears
34	Green Beans (<i>Domestic</i>)
35	Carrots
36	Blueberries (<i>Imported</i>)
37	Lettuce
38	Grapes (<i>Imported</i>)
39	Potatoes
40	Kale / Collard Greens
41	Cherries
42	Spinach
43	Sweet Bell Peppers
44	Nectarines
45	Blueberries (<i>Domestic</i>)
46	Apples
47	Strawberries
48	Peaches
49 (Worst)	Celery