

"5 Portions of Fruit per Day?" ... Which 5 Fruit Portions Do You Think Your Cells and Organs Prefer?

Chart #1	5 x Common Western Fruits							5 x Tropical / Sub-Tropical Fruits							
	Apple	Orange	Pear	Grape	Blue Berry			Acerola Cherry	Canta-loupe	Guava	Kiwi	Passion Fruit			
All Serving Sizes: Per 100g						Total							Total		
Vit A	38	225	23	66	54	406		752	3382	624	87	1272	6117	IU	
Vit B1 (Thiamine)	0	0.1	0	0.1	0	0.2		0	0	0.1	0	0	0.1	mg	
Bit B2 (Riboflavin)	0	0	0	0.1	0	0.1		0.1	0	0	0	0.1	0.2	mg	
Vit B3 (Niacin)	0.1	0.4	0.2	0.2	0.4	1.3		0.4	0.7	1.1	0.3	1.5	4	mg	
Vit B5 (Panto Acid)	0.1	0.3	0	0.1	0.1	0.6		0.6	0.1	0.5	0.1	14	15.3	mg	
Vit B6	0	0.1	0	0.1	0.1	0.3		0	0.1	0.1	0.2	-	0.4	mg	
Vit B9 (Folate)	0	17	7	2	6	32		13.7	21	49	25	0.1	109	mg	
Vit C	4	45	4.2	10.8	9.7	73.7		1677	36.7	228	92.7	30	2064	mcg	
Vit E	0.1	0.2	0.1	0.2	0.6	1.2		0	0.1	0.7	1.5	0	2.3	mg	
Vit K	0.6	0	4.5	14.6	20.3	40		-	2.5	2.6	40.3	0.7	46.1	mg	
Potassium	90	169	119	191	77	646		143	267	417	312	348	1487	mg	
Phosphorus	11	12	11	20	12	56		10.8	15	40	34	68	168	mg	
Magnesium	4	10	7	7	6	27		17.6	12	22	17	29	97.6	mg	
Calcium	5	43	9	6	6	69		11.8	9	18	3	12	53.8	mg	
Iron	0.1	0.1	0.2	0.4	0.3	1.1		0.2	0.2	0.3	0.3	1.6	2.6	mg	
Selenium	-	0.5	0.1	0.1	0.1	0.8		0.6	0.4	0.6	0.2	0.6	2.4	mcg	
Manganese	0	0	0	0.1	0.3	0.4		-	0	0.2	0.1	-	0.3	mg	
Copper	0	0	0.1	0.1	0.1	0.3		0.1	0	0.2	0.1	0.1	0.5	mg	
Zinc	0.1	0.1	0.1	0.1	0.2	0.6		0.1	0.2	2	0.1	0.1	2.5	mg	
Fibre	1.3	2.4	3.1	0.9	2.2	9.9		1.1	0.9	5.2	3.0	5.6	15.8	g	

** N.B. All values highlighted in **RED** represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? ... Which fruit menu do you think your cells will prefer each day?

A Comparison of 5 x Common Western Foods vs 5 x Superior Nutrient-Dense Foods

Chart #2	5 x Common Western Foods						5 x Nutrient-Dense Foods						
	Apple	Orange	Iceberg Lettuce	White Mush'	White Potato		Acerola Cherry	Kiwi	Moringa Fresh Leaf	Oyster Mush'	Sweet Potato		
All Serving Sizes: Per 100g						Total						Total	
Vit A	38	225	502	0	2	767	752	87	6780	48	14,185	21,852	IU
Vit B (Choline)	-	-	-	-	-	-	-	-	423	-	-	423	mg
Vit B1 (Thiamine)	0	0.1	0	0.1	0.1	0.3	0	0	0.2	0.1	0.1	0.4	mg
Bit B2 (Riboflavin)	0	0	0	0.4	0	0.4	0.1	0	0.1	0.3	0.1	0.6	mg
Vit B3 (Niacin)	0.1	0.4	0.1	3.6	1.1	5.6	0.4	0.3	0.1	5	0.6	6.4	mg
Vit B5 (Panto Acid)	0.1	0.3	0.1	1.5	0.3	2.3	0.6	0.1	0.1	1.3	0.8	2.9	mg
Vit B6	0	0.1	0	0.1	0.3	0.5	0	0.2	1.2	0.1	0.2	1.7	mg
Vit B9 (Folate)	0	17	29	16	16	32	13.7	25	40	27	11	116.7	mg
Vit C	4	45	2.8	2.1	19.7	73.6	1677	92.7	220	0	2.4	1992.1	mcg
Vit E	0.1	0.2	0.2	0	0	0.5	0	1.5	448	0	0.3	449.8	mg
Vit K	0.6	0	24.1	0	1.9	26.6	-	40.3	-	0	1.8	42.1	mg
Potassium	90	169	141	318	421	1139	143	312	259	420	337	1471	mg
Phosphorus	11	12	20	86	57	186	10.8	34	70	120	47	281.8	mg
Magnesium	4	10	7	9	23	53	17.6	17	24	18	25	101.6	mg
Calcium	5	43	18	3	12	81	11.8	3	7	3	30	54.8	mg
Iron	0.1	0.1	0.4	0.5	0.8	1.9	0.2	0.3	1	1.3	0.6	3.4	mg
Selenium	-	0.5	0.1	9.3	0.3	10.2	0.6	0.2	137	2.6	0.6	141	mcg
Manganese	0	0	0.1	0	0.2	0.3	-	0.1	1.9	0.1	0.3	2.4	mg
Copper	0	0	0	0.3	0.1	0.4	0.1	0.1	1.1	0.2	0.2	1.7	mg
Zinc	0.1	0.1	0.2	0.5	0.3	1.2	0.1	0.1	0.2	0.8	0.3	1.5	mg
Fibre	1.3	2.4	1.2	1.0	2.2	8.1	1.1	3.0	0.9	2.3	3.0	10.3	g

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Can "an apple a day" really keep the doctor away? ... Which fruit menu do you think your cells will prefer each day?

Chart #3	International Nutrition ... High Nutrient Fruits & Foods										Low Nutrients		
											:(	:(	
	Acerola Cherry	Apricot	Canta-loupe	Goji Berry	Kiwi	Passion Fruit	Moringa Fresh Leaf	Moringa Dry Leaf	Kale	Sweet Potato	Apple	Orange	
All Serving Sizes: Per 100g													
Vit A	752	1926	3382	8500	87	1272	6780	36,000	15,276	14,185	38	225	IU
Vit B (Choline)	-	-	-	-	-	-	423	-	-	-	-	-	mg
Vit B1 (Thiamine)	0	0	0	0.2	0	0	0.2	2.6	0.1	0.1	0	0.1	mg
Bit B2 (Riboflavin)	0.1	0	0	1.3	0	0.1	0.1	21	0.1	0.1	0	0	mg
Vit B3 (Niacin)	0.4	0.6	0.7	-	0.3	1.5	0.1	8.2	1	0.6	0.1	0.4	mg
Vit B5 (Panto. Acid)	0.6	0.2	0.1	-	0.1	14	0.1	-	0.1	0.8	0.1	0.3	mg
Vit B6	0	0.1	0.1	-	0.2	-	1.2	-	0.6	0.2	0	0.1	mg
Vit B9 (Folate)	13.7	9	21	-	25	0.1	40	-	29	11	0	17	mg
Vit C	1677	10	36.7	> 100	92.7	30	220	17	120	2.4	4	45	mcg
Vit E	0	0.9	0.1	-	1.5	0	448	113	-	0.3	0.1	0.2	mg
Vit K	-	3.3	2.5	-	40.3	0.7	-	2	817	1.8	0.6	0	mg
Sulphur (Healthy)	-	-	-	-	-	-	-	870	-	-	-	-	
Potassium	143	259	267	1130	312	348	259	1324	447	337	90	169	mg
Phosphorus	10.8	23	15	> 22	34	68	70	204	56	47	11	12	mg
Magnesium	17.6	10	12	109	17	29	24	368	34	25	4	10	mg
Calcium	11.8	13	9	112	3	12	7	2006	135	30	5	43	mg
Iron	0.2	0.4	0.2	8.4	0.3	1.6	1	28.2	1.7	0.6	0.1	0.1	mg
Selenium	0.6	0.1	0.4	50	0.2	0.6	137	> 1	0.9	0.6	-	0.5	mcg
Manganese	-	0.1	0	> 0.1	0.1	-	1.9	8.4	0.8	0.3	0	0	mg
Copper	0.1	0.1	0	> 0.1	0.1	0.1	1.1	0.6	0.3	0.2	0	0	mg
Zinc	0.1	0.2	0.2	2	0.1	0.1	0.2	3.3	0.4	0.3	0.1	0.1	mg
Fibre	1.1	2.0	0.9	7.7	3.0	5.6	0.9	19.2	2.0	3.0	1.3	2.4	g

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Can "an apple a day" really keep the doctor away? ... Which fruit menu do you think your cells will prefer each day?

Chart #4	Common Western Nutrition ... Low Nutrient Fruits & Foods												
	Apple	Blue Berry	Common Cherry	Grape	Grape Fruit	Lemon	Lime	Pear	Pineapple	Cabbage	Iceberg Lettuce	White Potato	
All Serving Sizes: Per 100g													
Vit A	38	54	64	66	259	30	50	23	52	98	502	2	IU
Vit B1 (Thiamine)	0	0	0	0.1	0	0.1	0	0	0.1	0.1	0	0.1	mg
Vit B2 (Riboflavin)	0	0	0	0.1	0	0	0	0	0	0	0	0	mg
Vit B3 (Niacin)	0.1	0.4	0.2	0.2	0.2	0.2	0.2	0.2	0.5	0.2	0.1	1.1	mg
Vit B5 (Panto. Acid)	0.1	0.1	4	0.1	9	-	8	0	0.2	0.2	0.1	0.3	mg
Vit B6	0	0.1	0.2	0.1	0.3	0.2	0.2	0	0.1	0.1	0	0.3	mg
Vit B9 (Folate)	0	6	0	2	0	0.1	0	7	11	43	29	16	mg
Vit C	4	9.7	7	10.8	37	77	29.1	4.2	16.9	36.6	2.8	19.7	mg
Vit E	0.1	0.6	0.1	0.2	-	-	0.2	0.1	-	0.2	0.2	0	mcg
Vit K	0.6	20.3	2.1	14.6	-	-	0.6	4.5	0.8	76	24.1	1.9	mg
Potassium	90	77	222	191	127	145	102	119	125	170	141	421	mg
Phosphorus	11	12	21	20	9	15	18	11	9	26	20	57	mg
Magnesium	4	6	11	7	8	12	6	7	12	12	7	23	mg
Calcium	5	6	13	6	15	61	33	9	13	40	18	12	mg
Iron	0.1	0.3	0.4	0.4	0.1	0.7	0.6	0.2	0.3	0.5	0.4	0.8	mg
Selenium	-	0.1	0	0.1	1.4	-	0.4	0.1	0	0.3	0.1	0.3	mcg
Manganese	0	0.3	0.1	0.1	0	-	0	0	1.6	0.2	0.1	0.2	mg
Copper	0	0.1	0.1	0.1	0	0.3	0.1	0.1	0.1	0	0	0.1	mg
Zinc	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.3	mg
Fibre	1.3	2.2	2.1	0.9	1.1	4.7	3.1	3.1	5.1	2.5	1.2	2.2	g

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Can "an apple a day" really keep the doctor away? ... Which fruit menu do you think your cells will prefer each day?

Chart #5	International Nutrition ... High & Low Nutrient Fruits & Foods												
	High	Low	High	Low	High	Low	High	Low	High	Low	High	Low	
	Acerola Cherry	Orange	Passion Fruit	Apple	Goji Berry	Blue Berry	Kale	Iceberg Lettuce	Moringa Dry Leaf	Cabbage	Sweet Potato	White Potato	
All Serving Sizes: Per 100g													
Vit A	752	225	1272	38	8500	54	15,276	502	36,000	98	14,185	2	IU
Vit B (Choline)	-	-	-	-	-	-	-	-	-	-	-	-	mg
Vit B1 (Thiamine)	0	0.1	0	0	0.2	0	0.1	0	2.6	0.1	0.1	0.1	mg
Vit B2 (Riboflavin)	0.1	0	0.1	0	1.3	0	0.1	0	21	0	0.1	0	mg
Vit B3 (Niacin)	0.4	0.4	1.5	0.1	-	0.4	1	0.1	8.2	0.2	0.6	1.1	mg
Vit B5 (Panto. Acid)	0.6	0.3	14	0.1	-	0.1	0.1	0.1	-	0.2	0.8	0.3	mg
Vit B6	0	0.1	-	0	-	0.1	0.6	0	-	0.1	0.2	0.3	mg
Vit B9 (Folate)	13.7	17	0.1	0	-	6	29	29	-	43	11	16	mg
Vit C	1677	45	30	4	> 100	9.7	120	2.8	17	36.6	2.4	19.7	mcg
Vit E	0	0.2	0	0.1	-	0.6	-	0.2	113	0.2	0.3	0	mg
Vit K	-	0	0.7	0.6	-	20.3	817	24.1	2	76	1.8	1.9	mg
Sulphur (Healthy)	-	-	-	-	-	-	-	-	870	-	-	-	
Potassium	143	169	348	90	1130	77	447	141	1324	170	337	421	mg
Phosphorus	10.8	12	68	11	> 22	12	56	20	204	26	47	57	mg
Magnesium	17.6	10	29	4	109	6	34	7	368	12	25	23	mg
Calcium	11.8	43	12	5	112	6	135	18	2006	40	30	12	mg
Iron	0.2	0.1	1.6	0.1	8.4	0.3	1.7	0.4	28.2	0.5	0.6	0.8	mg
Selenium	0.6	0.5	0.6	-	50	0.1	0.9	0.1	> 1	0.3	0.6	0.3	mcg
Manganese	-	0	-	0	> 0.1	0.3	0.8	0.1	8.4	0.2	0.3	0.2	mg
Copper	0.1	0	0.1	0	> 0.1	0.1	0.3	0	0.6	0	0.2	0.1	mg
Zinc	0.1	0.1	0.1	0.1	2	0.2	0.4	0.2	3.3	0.2	0.3	0.3	mg
Fibre	1.1	2.4	5.6	1.3	7.7	2.2	2.0	1.2	19.2	2.5	3.0	2.2	g

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Can "an apple a day" really keep the doctor away? ... Which fruit menu do you think your cells will prefer each day?

Chart #6	High Nutrient Nuts and Seeds										Low Nutrients		
		*Salt :(			*Salt :(						:(	:(	
	Almond (Raw)	Almond (Salted)	Cashew (Raw)	Peanut (Raw)	Peanut (Salted)	Pistachio (Raw)	Flax Seed	Pumpkin Seed	Sesame Seed	Sunflower Seed	Apple	Orange	
All Serving Sizes: Per 100g													
Vit A	1.4	1.4	0	0	0	680	0	50	9	50	38	225	IU
Vit B (Choline)	71.9	71.9	-	55.3	55.3	-	78.7	-	25.6	55.1	-	-	mg
Vit B1 (Thiamine)	0.1	0.1	0.4	0.4	0.4	1.1	1.6	0.1	0.8	1.5	0	0.1	mg
Vit B2 (Riboflavin)	1.2	1.2	0.1	0.1	0.1	0.2	0.2	0.1	0.2	0.4	0	0	mg
Vit B3 (Niacin)	5.3	5.3	1.1	13.5	13.5	1.6	3.1	1.2	4.5	8.3	0.1	0.4	mg
Vit B5 (Panto. Acid)	0.1	0.1	0.1	1.4	1.4	0.6	0.5	0.7	0.1	1.1	0.1	0.3	mg
Vit B6	0.2	0.2	0.4	0.3	0.3	2.1	1.0	0.1	0.8	1.3	0	0.1	mg
Vit B9 (Folate)	45.5	45.5	25	145	145	62.7	87	15	97	227	0	17	mg
Vit C	0	0	0.5	0	0	6.2	0.6	1	0	1.4	4	45	mcg
Vit E	35.9	35.9	0.9	6.9	6.9	2.8	0.3	-	0.3	33.2	0.1	0.2	mg
Vit K	0	0	34.1	0	0	0.7	4.3	-	0	0	0.6	0	mg
Sodium	1.4	*468	12	6	*813	1.2	30	80	11	9	-	-	
Potassium	1029	1029	660	658	658	1261	813	350	468	645	90	169	mg
Phosphorus	675	675	593	358	358	603	642	180	629	660	11	12	mg
Magnesium	395	395	292	176	176	29	392	30	351	325	4	10	mg
Calcium	367	367	37	54	54	12	255	80	975	78	5	43	mg
Iron	6.2	6.2	6.7	2.3	2.3	1.6	5.7	1.2	14.5	5.2	0.1	0.1	mg
Selenium	3.9	3.9	3.9	19.9	19.9	8.6	25.4	12.6	5.7	53	-	0.5	mcg
Manganese	3.6	3.6	3.6	1.7	1.7	-	2.5	0.7	2.5	1.9	0	0	mg
Copper	1.6	1.6	2.2	0.7	0.7	1.5	1.2	0.3	4.1	1.8	0	0	mg
Zinc	4.9	4.9	5.8	3.3	3.3	0.1	4.3	1.5	7.8	5	0.1	0.1	mg
Fibre	16.3	16.3	16.3	8.0	8.0	12.7	27.3	0	11.8	8.6	1.3	2.4	g

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Be careful when consuming "over-salted" processed foods! Can "an apple a day" really keep the doctor away?

Chart #7	High Nutrient Nuts - Popular Nuts										Low Nutrients		
	USA	*Salt :(			*Salt :(		USA		USA		:(	:(	
	Almond (Raw)	Almond (Salted)	Cashew (Raw)	Peanut (Raw)	Peanut (Salted)	Pistachio (Raw)	Macadamia (Raw)	Pine Nut (Raw)	Pecan (Raw)	Walnut (Raw)	Apple	Orange	
All Serving Sizes: Per 100g													
Vit A	1.4	1.4	0	0	0	680	0	29	56	20	38	225	IU
Vit B (Choline)	71.9	71.9	-	55.3	55.3	-	-	55.8	40.5	39.2	-	-	mg
Vit B1 (Thiamine)	0.1	0.1	0.4	0.4	0.4	1.1	1.2	0.4	3.7	0.3	0	0.1	mg
Vit B2 (Riboflavin)	1.2	1.2	0.1	0.1	0.1	0.2	0.2	0.2	0.1	0.2	0	0	mg
Vit B3 (Niacin)	5.3	5.3	1.1	13.5	13.5	1.6	2.5	4.4	1.2	1.1	0.1	0.4	mg
Vit B5 (Panto. Acid)	0.1	0.1	0.1	1.4	1.4	0.6	0.8	0.1	0.9	1.1	0.1	0.3	mg
Vit B6	0.2	0.2	0.4	0.3	0.3	2.1	0.3	0.3	0.2	0.5	0	0.1	mg
Vit B9 (Folate)	45.5	45.5	25	145	145	62.7	11	34	22	98	0	17	mg
Vit C	0	0	0.5	0	0	6.2	1.2	0.8	1.1	1.3	4	45	mcg
Vit E	35.9	35.9	0.9	6.9	6.9	2.8	0.5	9.3	1.4	0.7	0.1	0.2	mg
Vit K	0	0	34.1	0	0	0.7	-	53.9	3.5	2.7	0.6	0	mg
Sodium	1.4	*468	12	6	*813	1.2	5	2	0	2	-	-	
Potassium	1029	1029	660	658	658	1261	368	595	410	441	90	169	mg
Phosphorus	675	675	593	358	358	603	188	575	277	346	11	12	mg
Magnesium	395	395	292	176	176	29	130	251	121	158	4	10	mg
Calcium	367	367	37	54	54	12	85	16	70	98	5	43	mg
Iron	6.2	6.2	6.7	2.3	2.3	1.6	3.7	5.5	2.5	2.9	0.1	0.1	mg
Selenium	3.9	3.9	3.9	19.9	19.9	8.6	3.6	0.7	5.7	4.9	-	0.5	mcg
Manganese	3.6	3.6	3.6	1.7	1.7	-	4.1	8.8	3.8	3.4	0	0	mg
Copper	1.6	1.6	2.2	0.7	0.7	1.5	0.8	1.3	1.2	1.6	0	0	mg
Zinc	4.9	4.9	5.8	3.3	3.3	0.1	1.3	6.4	4.5	3.1	0.1	0.1	mg
Fibre	16.3	16.3	16.3	8.0	8.0	12.7	8.6	3.7	9.6	6.7	1.3	2.4	g

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