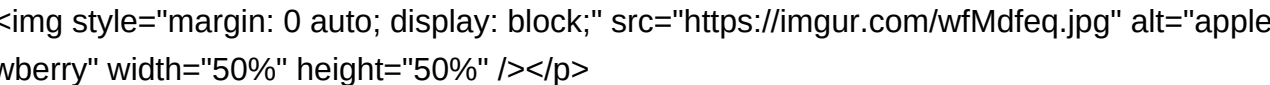


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## Apple vs Strawberry



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Have you ever been in a state of dilemma on which to choose between an apple or [strawberry](https://bit.ly/2TutoUO)? In this post, I'm going to put an [apple](https://bit.ly/3xouC4G) vs strawberry to test.

If you are looking for a deep comparison between the two fruits, you've come to the right place. This article will compare the two cool fruits with regard to:

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- Calories

- Macronutrients

- Micronutrients



Let's dive in

Apple is a widely known fruit and easy to get in our marketplaces. There's a popular proverb that says an apple a day keeps the doctor away. Thanks to its nutrient composition.

The flesh of an apple is a rich source of insoluble fiber while the mesocarp is a rich source of soluble fiber. You can enjoy it raw, in form of juice, as a salad, or in form of smoothies.

Strawberry is also a widely known fruit. It is loaded with vitamin C and antioxidants. Its bright red color gave it a nice look. Like apples, it's a good source of antioxidants and phytochemicals.

It's also a [low-carb high-fiber fruit](https://bit.ly/3l5l9aF) that can be a snack. I will be using the [USDA food composition database](https://fdc.nal.usda.gov/index.html) to compare the two fruits base on their nutrient at 100g.

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### Calories

Apple has more calories than strawberries. 100g of Apple contains 57kcal compared to the strawberry that contains 32kcal.

Verdict: No clear winner. I will advise you select base on your dietary goal. If you are aiming for more calories, go for an apple. If you are trying to watch your weight strawberry may be a good choice. You can enjoy both fruits.

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### Protein

Apple has 0.28g of protein compared to the strawberry which has 0.67g of protein. Fruits and vegetables generally are not good sources of protein. But in this

regard strawberries outshine apples.

Verdict: Strawberry wins

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### Fat

Fat from plant sources is a mostly healthy fat. Excluding avocados, fruits are not a good source of fat because they have it in minute quantities. Apple has 0.15g of total fat and strawberry has 0.3g of total fat. In the context of this comparison, apples have less fat compared to strawberries.

Verdict: Apple wins

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### Carbohydrate

To round up macronutrient comparison, let's check the carbohydrate composition. Apple has 13.6g of carbohydrates compared to strawberry which has 7.68g of carbohydrates. This is likely looking at their calorie content.

Verdict: Apple wins

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## Micronutrient

### Ash

The ash is the total mineral content in a food commodity. In this regard, strawberry lead with 0.4g compares to apple with 0.16g. It's crystal clear here that strawberry has more mineral content than apple.

Verdict: Strawberry wins.

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### Calcium

It's expected in this category that strawberries will be the clear winner. Thanks to its ash content. Apple contains 6 mg of calcium compared to the strawberry which boasts 16 mg of calcium.

Verdict: Strawberry wins

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### Iron

Strawberry dominates the mineral world in this comparison. Strawberry has 0.41mg of iron compared to apple which has 0.13mg. If iron is your priority, strawberry is the better choice.

Verdict: Strawberry wins

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### Selenium

Selenium is also a good antioxidant. Apple contains 0ug of selenium compared to strawberry which has 0.4ug of selenium. Though minute still has it compared to apple which does,t have it or even has it but in a very negligible amount.

Verdict: Strawberry wins

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### Vitamin B1

Apple has 0.018mg of thiamin compared to the strawberry that has it in more amount, 0.024mg though it's not a wide gap.

Verdict: Draw

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### Folate

This is an essential nutrient before pregnancy to prevent neural tube defects. Strawberry outshines Apple in this category with 24ug as compared to apple with 3ug.

Verdict: Strawberry wins

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### Vitamin A

Apple has more beta carotene than strawberries. Apple leads in this category. Apple has 3ug of vitamin A compared to strawberry which has 1ug.

Verdict: Apple wins

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### Vitamin C

Apple with 4.6mg of vitamin C is far behind strawberry which leads with 58.8 mg. We can all agree that strawberry is a better source of vitamin C compared to apple.

Verdict: Strawberry wins

Also check: [Top Nutrition Websites | 2022](https://bit.ly/3BDMqv9)

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In conclusion, strawberry wins in most categories. Alas! that doesn't mean it's better than apple. You can enjoy both together in form of juice or a smoothie. Go for the one you can afford.

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Thanks