

Vitamins & Minerals

Food	energy	water	fiber	fat	protein	sugar	vit. A	vit. C	vit. B1	vit. B2	vit. B6	vit. E
substance = 100 g.	kJ/Kcal	%	g	g	g	g	ug	mg	mg	mg	mg	mg
Apple	207/49	84	2.3	0	0.4	11.8	2	15	0.02	0.01	0.05	0.5
Apricot	153/36	87	2.1	0	1.0	8.0	420	5	0.06	0.05	0.06	0.5
Avocado	523/126	81	0.2	10	2.0	7.0	20	17	0.06	0.12	0.36	3.2
Blueberry	204/48	80	8.4	0	1.0	11.0	0	10	0.02	0.03	0.05	1.9
Blackberry	170/40	85	8.7	0	2.0	8.0	30	150	0.08	0.04	0.07	1.0
Banana	375/88	76	2.7	0	1.2	20.4	3	10	0.04	0.03	0.36	0.3
Carrots	48 /11	92	3.3	0	0.6	2.2	312	2	0.03	0.04	0.08	0.2
Cranberry	68 /16	89	4.2	0	0.0	4.0	0	15	0.00	0.01	0.07	0
Cherry	221/52	86	1.2	0	0.0	13.0	40	10	0.02	0.02	0.04	0.1
Date	1275/300	20	7.5	0	2.0	73.0	0	0	0.05	0.10	0.10	0.7
Fig	340/80	80	2.0	0	1.0	19.0	10	3	0.06	0.05	0.11	-
Grapefruit, Red	128/30	90	1.4	0	0.9	6.6	0	40	0.07	0.02	0.03	0.5
Grapes	274/64	83	2.2	0	0.6	15.5	0	3	0.03	0.01	0.08	0.6
Guava	306/72	81	5.3	0	1.0	17.0	30	218	0.04	0.04	0.14	-
Gooseberry	170/40	88	3.2	0	1.0	9.0	0	30	0.02	0.01	0.08	0.4
Food	energy	water	fiber	fat	protein	sugar	vit. A	vit. C	vit. B1	vit. B2	vit. B6	vit. E
substance = 100 g.	kJ/Kcal	%	g	g	g	g	ug	mg	mg	mg	mg	mg
Kiwi Fruit	168/40	84	2.1	0	1.1	8.8	5	70	0.01	0.02	0.12	1.9
Kumquat	289/68	82	1.5	0	1.0	16.0	160	55	0.14	0.06	-	-
Lemon	51/12	96	1.8	0	0.0	3.0	0	40	0.06	0.02	0.04	0.8
Lime	156/37	91	0.3	0	0.0	7.0	0	40	0.03	0.02	0.08	-
Lychee	323/76	82	1.5	0	1.0	18.0	0	39	0.05	0.05	-	-
Mandarin / Tangerine	177/42	88	1.9	0	0.9	9.5	12	30	0.08	0.03	0.084	0.4
Mango	255/60	84	1.0	0	0.0	15.0	210	53	0.05	0.06	0.13	1.0
Melon, Red Water	153/36	93	0.6	0	1.0	8.0	30	6	0.04	0.05	0.07	-
Melon, cantaloupe	122/29	89	0.6	0	0.9	6.3	7	32	0.05	0.02	0.10	0.2
Olive	586/142	75	4.4	14	1.0	3.0	50	0	0.03	0.08	0.00	2.0
Orange	198/47	87	1.8	0	1.0	10.6	2	49	0.07	0.03	0.06	0.1

Papaya	136/32	91	0.6	0	0.0	8.0	40	46	0.03	0.04	0.04	-
Passion Fruit	158/37	88	3.3	0.4	2.6	5.8	125	23	0.03	0.12	-	0.5
Peach	151/36	89	1.4	0	1.0	7.9	15	7	0.01	0.02	0.02	0.0
Pear	201/47	86	2.1	0	0.3	11.5	0.0	4	0.01	0.01	0.02	0.1
Red Bell Pepper	119/28	91	2.2	0	1.0	6.0	172	80	0.04	0.14	0.43	6.4
Persimmon	325/76	81	0.5	0	0.5	18.6	260	16	0.02	0.03	-	-
Pineapple	211/50	84	1.2	0	0.4	12.0	20	25	0.07	0.02	0.09	0.1
Pomegranate	343/81	82	3.4	0	1.0	17.0	10	7	0.05	0.02	0.31	-
Plum	177/42	84	2.2	0	0.8	9.6	18	5	0.02	0.03	0.10	0.7
Strawberry	99/23	91	2.2	0	0.7	5.1	10	60	0.02	0.03	0.06	0.4
Tomato	48/11	97	1.4	0	0.9	1.9	140	15	0.05	0.02	0.08	0.7
Food	enrgy	water	fiber	fat	protein	sugar	vit.A	vit.C	vit.B1	vit.B2	vit.B6	vit.E
substance = 100 g.	kJ/Kcal	%	g	g	g	g	ug	mg	mg	mg	mg	mg