

NUTRITION FACTS

Source: [To the web page](#)

FRUITS

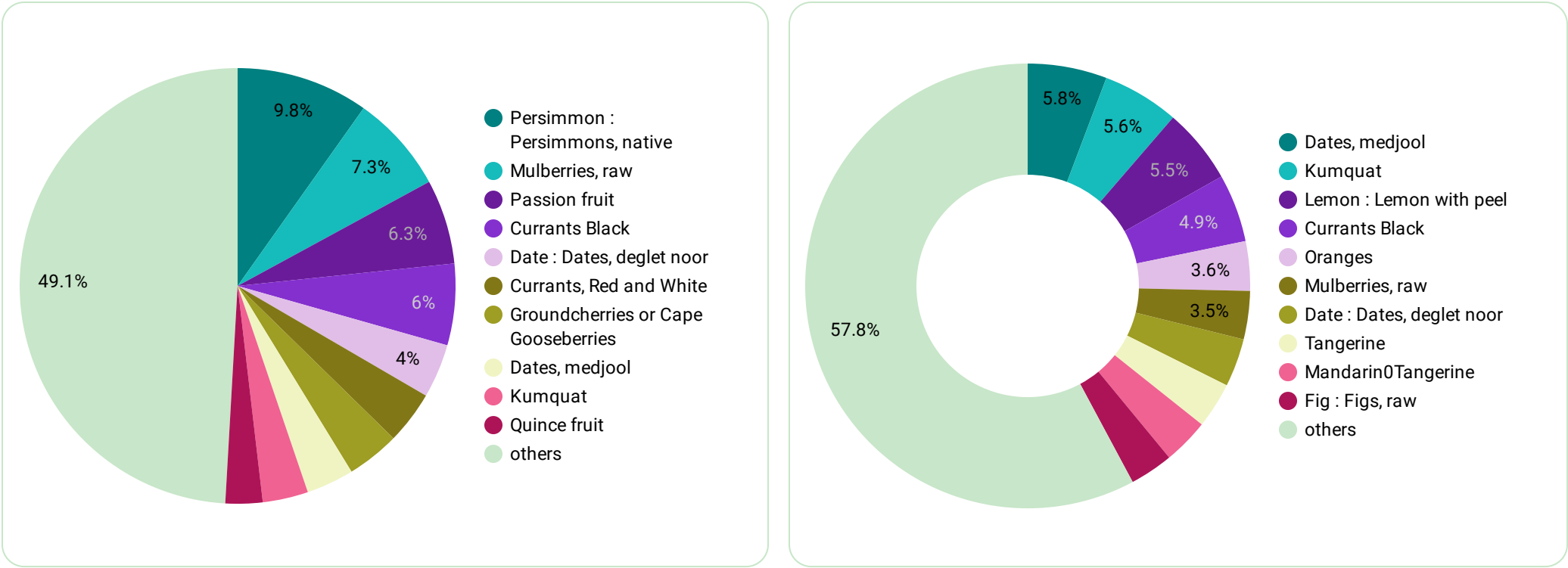
VEGETABLES

Fruits

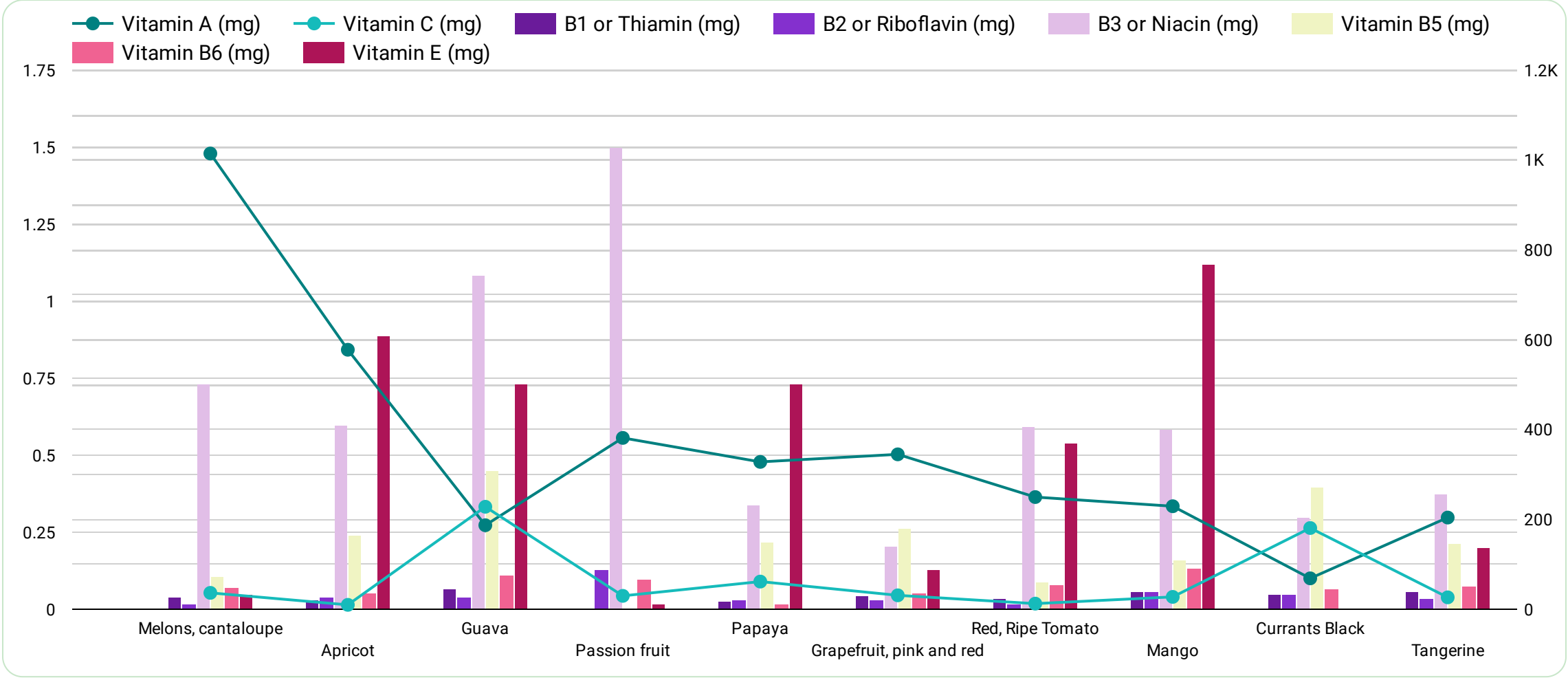
\*\*Sort the charts to get the fruits with highest and lowest quantity of nutrients you are interested in

IRON

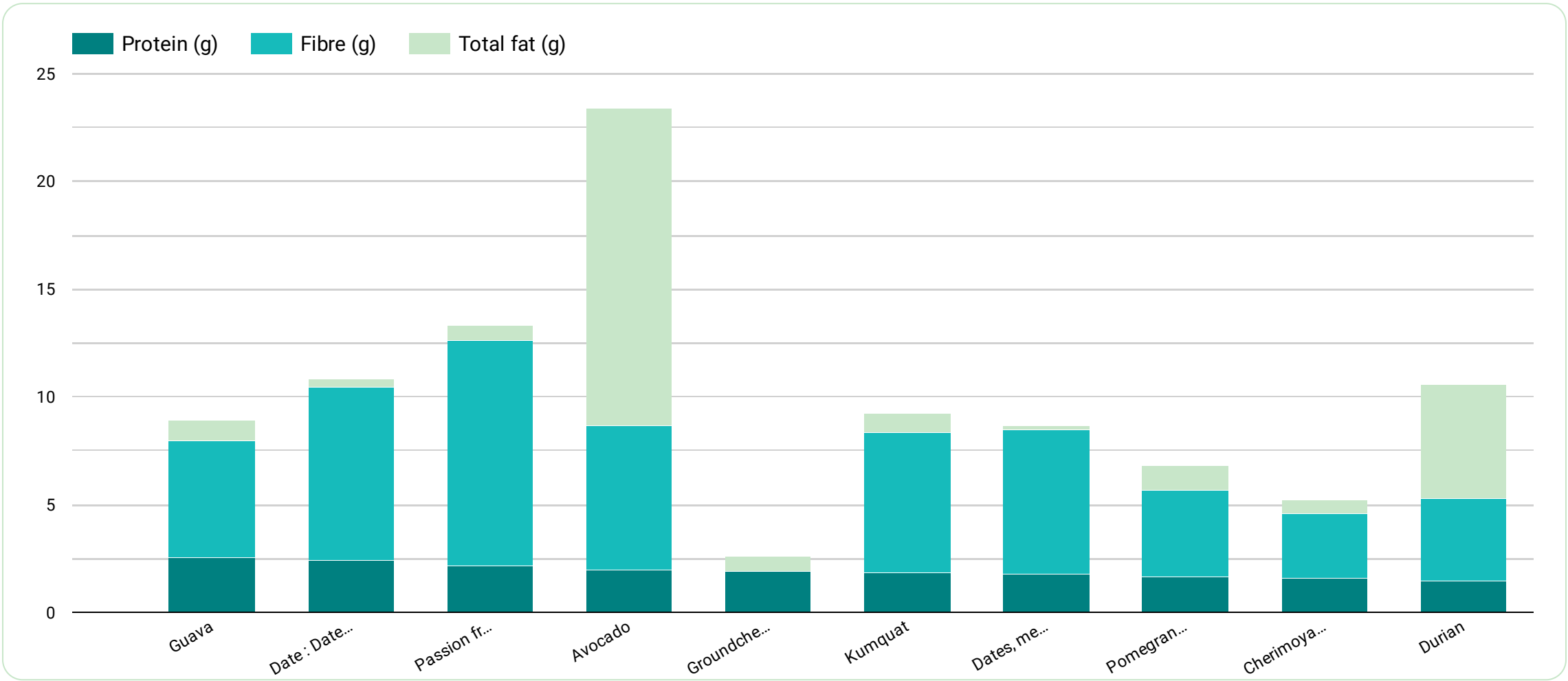
CALCIUM



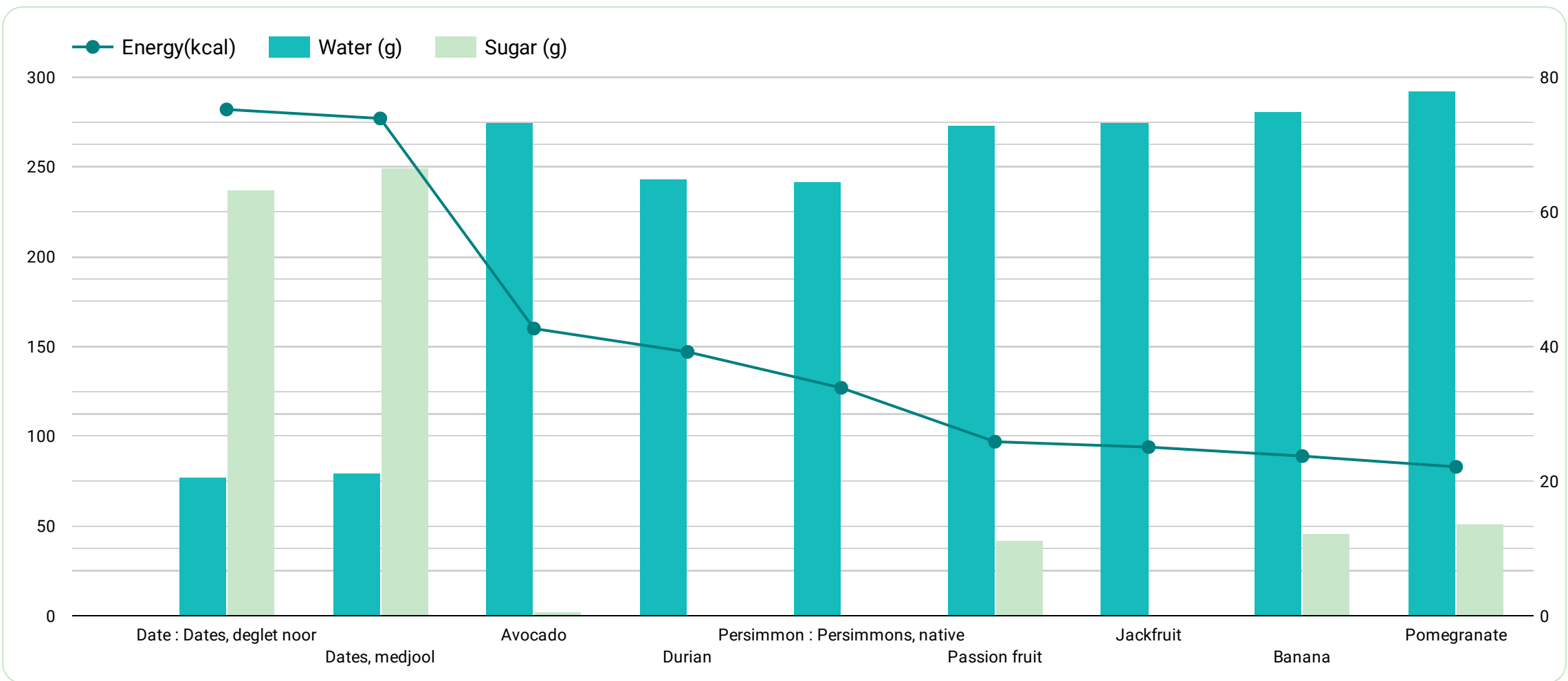
VITAMINS IN FRUITS



PROTEIN, FIBRE AND FAT CONTENT IN FRUITS



ENERGY VS WATER IN FRUITS



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FRUITS

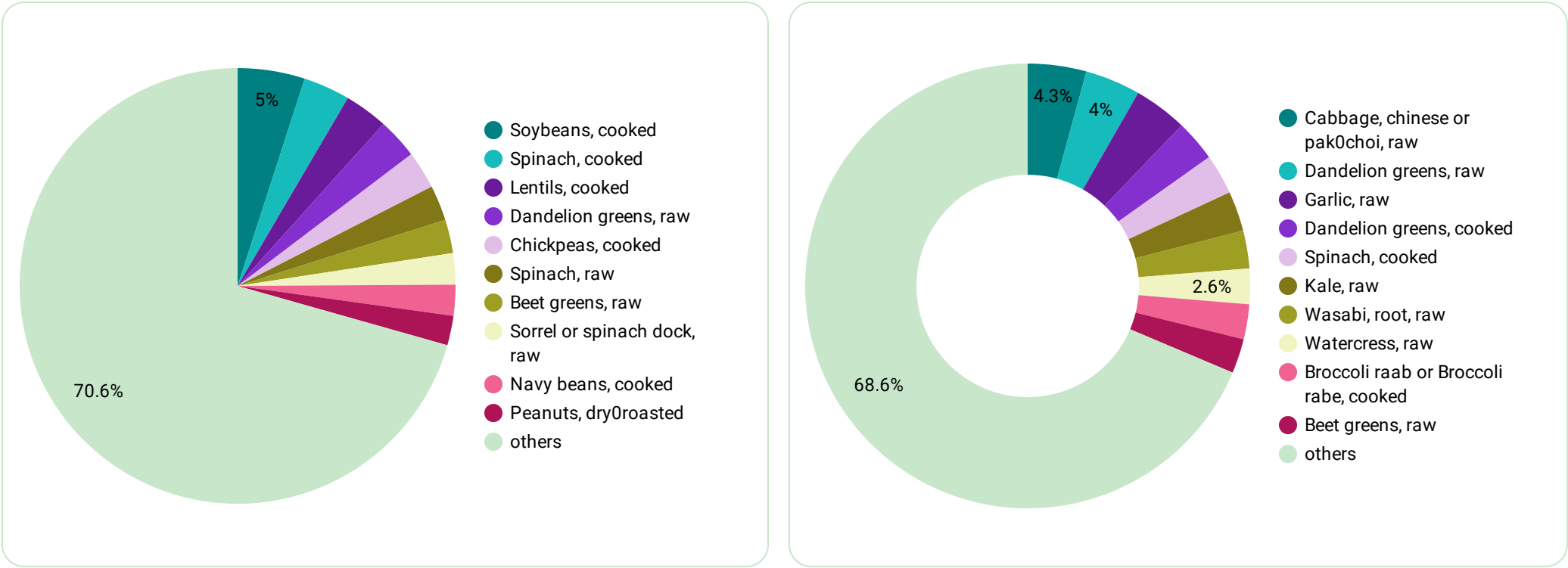
VEGETABLES

Vegetables

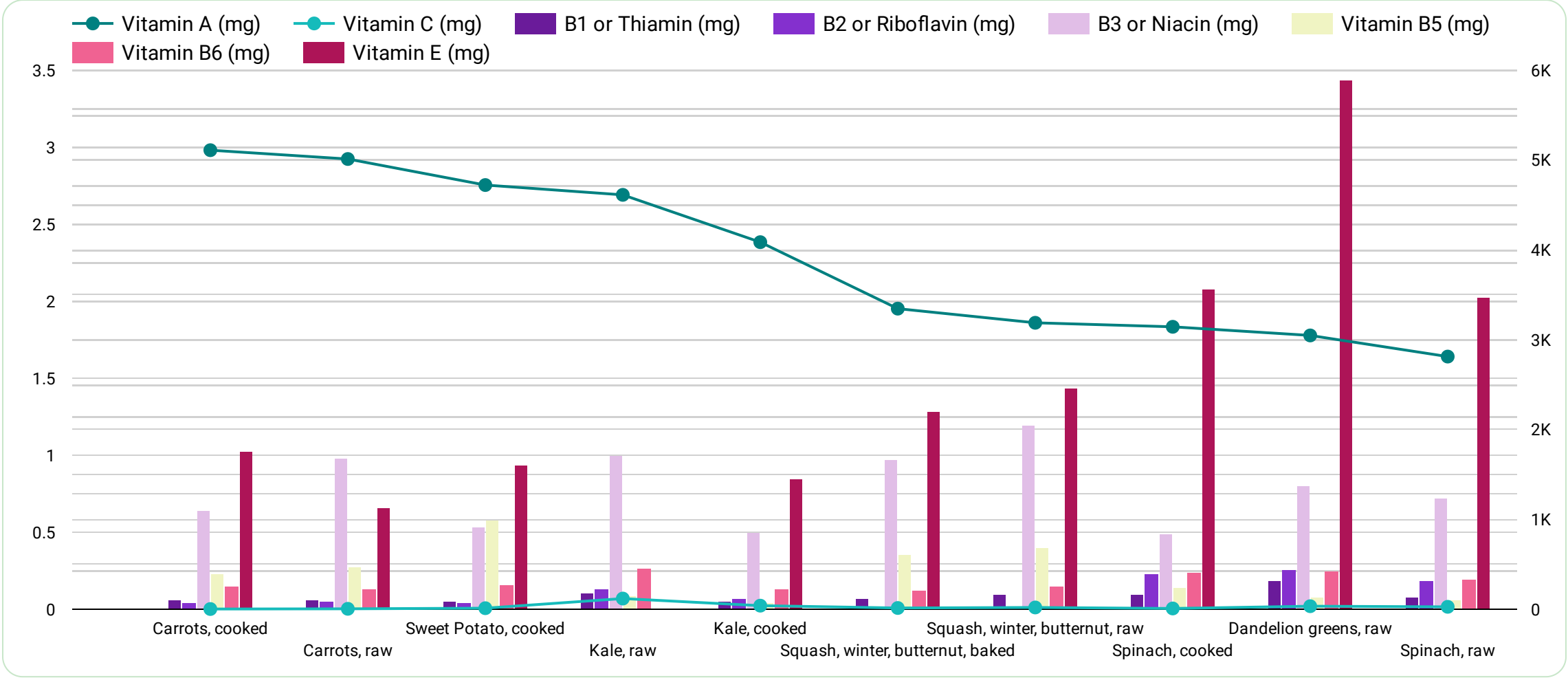
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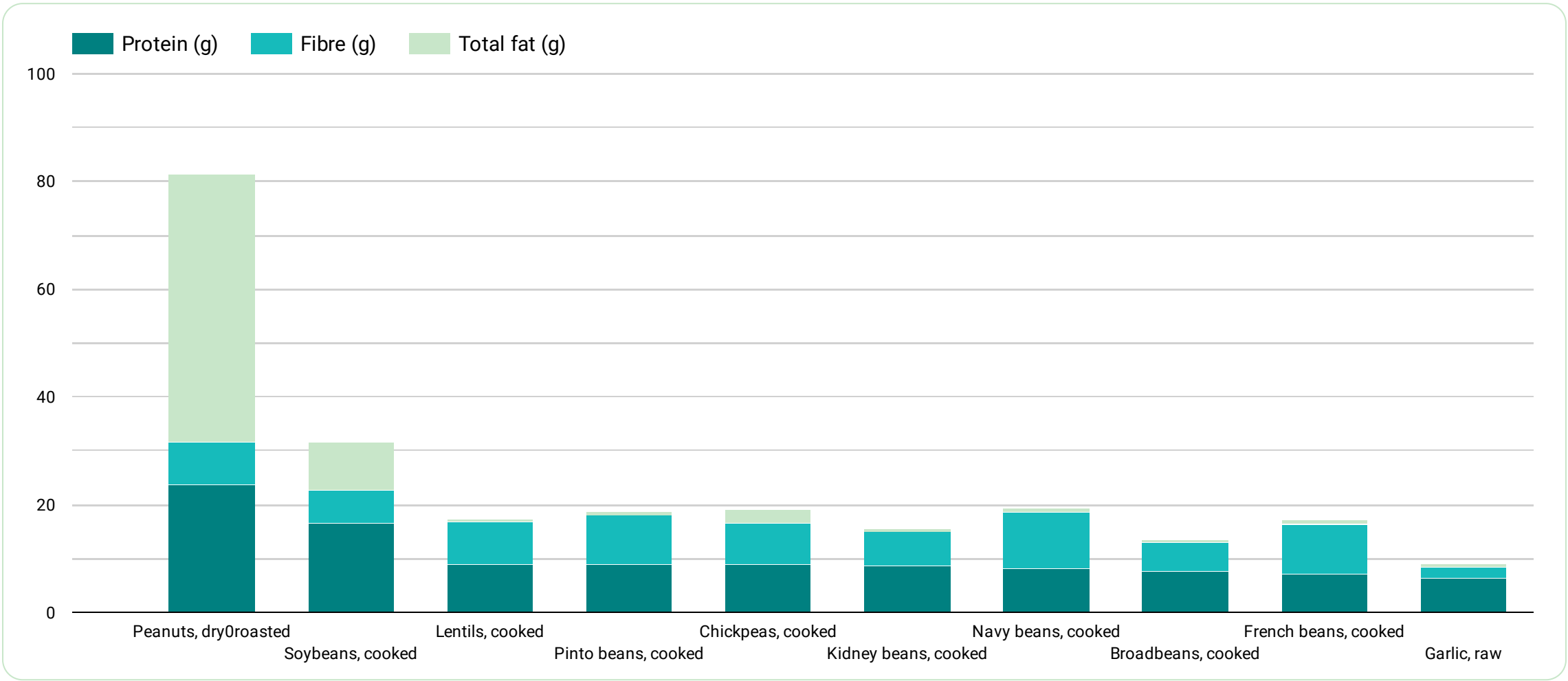
CALCIUM



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