FRUITS

others

80.7%

others

VEGETABLES

WATER **ENERGY** 7.9% Date : Dates, deglet Red, Ripe Tomato noor Melons, casaba Dates, medjool Watermelon Avocado Carambola or Durian Starfruit Persimmon : Strawberry Persimmons, native others 71.6% others 89.4% **FATS** PROTEIN Guava Avocado Date : Dates, deglet 38.4% 39.4% Durian noor Passion fruit Pomegranate Avocado Guava Groundcherries or Kumquat Cape Gooseberries