## Vitamin A in Fruits Oranges · Apples 60 70 90 100 80 110 Vitamin A (micrograms) Vitamin C in Fruits Oranges Apples -10 50 20 30 40 60 Vitamin C (milligrams) Vitamin E in Fruits Oranges Apples 0.5 0.6 0.7 8.0 Vitamin E (milligrams)