

Vitamin Content of Various Fruits

| 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 |
| 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 |
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Compiled from various sources.