

Research Journal of Pharmaceutical, Biological and Chemical Sciences

FRUITS ARE THE CHOKEFULL TREASURE OF NUTRITION

B. Sai Mrudula*, N. K. D. Devi, B.R. Madhavi.P.L.Ravali,N.Manasa

K.V.S.R. Siddhartha College of Pharmaceutical Sciences, Vijayawada-10.

ABSTRACT



Humans could not survive long with out healthy fruit. Canned, dried, fresh, frozen, juiced and liquidized fruits and vegetables counts towards our healthy balance. They provide an abundance of nutrients including vitamins, essential oils, anti oxidant, fiber and anti inflammatory substances fruits are bad cholesterol free. Fruits have miraculous healing effects and even stimulate memory. Many of the fruits have detoxifying effect also .Here are some fruits along with their mineral and vitamin contents. So try to have five pieces of fruit a day and give a good start to human diet by eating and drinking more fresh fruits.




**Corresponding author*




INTRODUCTION



Fruits provide an abundance of nutrients, including vitamins, minerals, essential oils, antioxidants, fiber, and anti-inflammatory substances [1, 2].




Many are alkaline-forming, so they help counteract the strongly acidic Western diet that eats away at our bones. High levels of potassium in fruit balance high salt diets to help prevent high blood pressure [3, 4]. They also help manage blood sugar, regulate bowel function, and strengthen blood vessels, bones, nails, teeth, skin and hair [5]. They also provide a pack of healthy dose of fiber, which slows your carbohydrate absorption and digestion and controls your blood sugar levels to help prevent insulin spikes .Fruits provide a proper long-term cellular health and helps in disease prevention [6]. Regular consumption of fruit is associated with reduced risks of cancer, cardiovascular disease, stroke, Alzheimer disease, cataracts, and some of the functional declines associated with aging.





Fruits	Amount	Minerals Contained	Vitamins Contained
<p style="text-align: center;">Abiu</p> 	<p>100 g of fresh pulp contains 1.5g of proteins and 1.3g of dietary fiber</p>	<p>Phosphorus – 26mg Calcium – 16mg Iron – 0.4mg</p>	<p>Carotene – 2.3mg Ascorbic acid – 2.2mg Niacin – 1.96mg Riboflavin -0.14mg Thiamine – 0.01mg</p>
<p style="text-align: center;">Apple</p> 	<p>One medium apple with skin contains almost 4 grams of dietary fiber.</p>	<p>Potassium - 158 mg Calcium - 9.5 mg Phosphorus - 9.5 mg Magnesium - 7 mg Selenium - .4 mg Also contains small amounts of iron, manganese, copper and zinc.</p>	<p>Vitamin A - 73 IU Vitamin C - 9 mg Folate [important during pregnancy] - 4 mcg Vitamin E - .66 IU</p>




<p style="text-align: center;">Apricots</p> 	<p>Each apricot of 35g weight contains 3.89g of carbohydrate, 0.84g of dietary fiber and 0.49 g of protein.</p>	<p>Potassium – 103.60mg Phosphorus – 6.65mg Calcium – 4.9 Magnesium – 2.8mg Chloride – 1.05mg Iron – 0.19mg Sodium – 0.35mg Zinc – 0.09mg Copper – 0.03mg</p>	<p>Vitamin C – 3.5mg Vitamin E – 0.31mg Vitamin B3 – 0.21mg Vitamin B6 – 0.02mg Vitamin B1 – 0.01mg Vitamin B2 – 0.01mg Vitamin A – 544.95mcg Folate – 3.01mcg Vitamin K – 1.15mcg</p>
<p style="text-align: center;">Avocado</p> 	<p>One medium avocado contains 4 grams of protein and 10 grams of fiber.</p>	<p>Potassium - 1204 mg Phosphorus - 82.4 mg Magnesium - 78.4 mg Calcium - 22 mg Sodium - 20 mg Iron - 2 mg Also contains small amounts of selenium, manganese, copper and zinc.</p>	<p>Vitamin A - 1230 IU Vitamin C - 15.9 mg Vitamin B1 [thiamine] - 0.2 mg Vitamin B2 [riboflavin] - 0.25 mg Niacin - 3.9 mg Folate - 124.6 mg Pantothenic Acid - 1.95 mg Vitamin B6 - 0.56 mg Contains some other vitamins in small amounts.</p>
<p style="text-align: center;">Banana</p> 	<p>One medium banana contains 1 gram of protein and 3 grams of dietary fiber.</p>	<p>Potassium - 467 mg Magnesium - 43 mg Phosphorus - 27 mg Calcium - 7 mg Selenium - 1.3 mg Iron - 0.4 mg Also contains trace amounts of zinc, manganese and copper.</p>	<p>Vitamin A - 95 IU Vitamin C - 11 mg Folate [important during pregnancy] - 22.5 mcg Vitamin B6 - 0.7mcg Niacin - 0.6 mg Pantothenic Acid - 0.31 mg Vitamin E - 0.67 IU</p>




<p>Blackberries</p> 	<p>One cup blackberries contain 1 gram of protein and over 7 grams of dietary fiber.</p>	<p>Potassium - 282 mg Calcium - 46 mg Phosphorus - 30 mg Magnesium - 28 mg Manganese - 1.9 mg Iron - 0.8 mg Selenium - 0.9 mg Zinc - 0.4 mg Also contains a trace amount of copper.</p>	<p>Vitamin A - 237 IU Vitamin C - 30 mg Vitamin E - 1.5 IU Folate - 49 mcg</p>
<p>Blueberries</p> 	<p>One cup of fresh of Blueberries contains 20.48 g of carbohydrates, 3.92g of dietary fiber and 0.98g of protein</p>	<p>Potassium - 129.06mg Phosphorus - 14.50mg Calcium - 8.70mg sodium - 8.7mg Magnesium - 7.26mg Manganese - 0.4mg Iron - 0.24mg Zinc - 0.16mg Copper - 0.08mg selenium - 0.88mcg</p>	<p>Vitamin C - 18.86mg Vitamin E - 2.72mg Vitamin B3 - 0.52mg Pantothenic acid - 0.14mg Vitamin B2 - 0.08mg Vitamin B1 - 0.06mg Vitamin B6 - 0.06mg Folate - 9.28mcg</p>
<p>Cantaloupe</p> 	<p>One medium wedge [slice] of cantaloupe contains .6 grams of protein and .55 grams of dietary fiber.</p>	<p>Potassium - 213 mg Phosphorus - 12 mg Calcium - 7.6 mg Magnesium - 7.6 mg Also contains trace amounts of iron, manganese, copper and zinc.</p>	<p>Vitamin A - 2225 IU Vitamin C - 29 mg Folate [important during pregnancy] - 12 mcg Niacin - 0.4 mg</p>




<p style="text-align: center;">Cocoa</p> 	<p>100 g of cocoa powder contains 71.93g of carbohydrates, 15.49g of protein and 7.5g dietary fiber</p>	<p>Potassium – 2702mg Phosphorus – 893mg Sodium – 876mg Calcium – 576mg Magnesium – 208mg Iron – 4.96mg Zinc – 3.44mg</p>	<p>Pantothenic acid – 3.826mg Vitamin B2 – 1.4mg Vitamin C – 0.7mg Vitamin B6 – 0.3mg Vitamin B3 – 0.2mg Folate – 14mcg</p>
<p style="text-align: center;">Coconut</p> 	<p>100g of coconut meat contains 15.23g of carbohydrates, 9g of dietary fiber and 3.33g of protein.</p>	<p>Potassium – 356mg Magnesium – 32mg Sodium – 20mg Calcium – 14mg Iron – 2.43mg Manganese - 1.5mg Zinc – 1.1mg Copper – 0.43mg</p>	<p>Vitamin C – 3.3mg Vitamin B3 – 0.54mg Tocopherol gamma – 0.5mg Pantothenic acid – 0.3mg Vitamin E – 0.24mg Vitamin B1 – 0.06mg Vitamin B2 – 0.02mg Folate - 26mcg Vitamin k - 0.2mcg</p>
<p style="text-align: center;">Cranberries</p> 	<p>100g of raw cranberries contains 12.2g of carbohydrates, 4.6g of dietary fiber and 0.39g of protein.</p>	<p>Potassium – 85mg Phosphorus – 13mg Magnesium – 6mg Sodium – 2mg Manganese – 0.36mg Iron – 0.25mg Zinc – 0.10mg Copper – 0.061mg</p>	<p>Vitamin C - 13.3mg Vitamin E – 1.2mg Pantothenic acid – 0.29mg Vitamin B3 – 0.1mg Vitamin B6 – 0.05mg Vitamin B2 – 0.02mg Vitamin B1 – 0.01mg Vitamin K – 5.1mcg Folate - 1mcg Vitamin A – 60IU</p>




<p style="text-align: center;">Figs</p> 	<p>One raw fig contains 19.18g of carbohydrates, 2.9g of fiber and 0.75g of protein.</p>	<p>Potassium – 232mg Calcium – 35mg Magnesium – 17mg Phosphorus – 14mg Sodium – 1mg Iron – 0.37mg Zinc – 0.15mg Manganese – 0.128mg Copper – 0.07mg</p>	<p>Vitamin K – 4.7mg Vitamin C – 2mg Niacin – 0.4mg Vitamin B6 – 0.113mg Vitamin E – 0.11mg Thiamin – 0.06mg Riboflavin – 0.05mg Vitamin A – 142 IU</p>
<p style="text-align: center;">Gooseberries</p> 	<p>One cup of goose berries that is equivalent to 150 g contains 15.27g of carbohydrates , 6.5 g of dietary fiber and 1.32 of protein.</p>	<p>Potassium – 297mg Phosphorus – 40mg Calcium – 38mg Magnesium – 15mg Sodium – 2mg Iron – 0.47mg Manganese – 0.216mg Zinc – 0.18mg Copper – 0.105mg</p>	<p>Vitamin C - 41.5mg Vitamin E – 0.56mg Vitamin B3 – 0.45mg Pantothenic acid – 0.429mg Vitamin B6 – 0.12mg Vitamin B1 – 0.06mg Vitamin B2 – 0.045mg Vitamin A – 435 IU</p>
<p style="text-align: center;">Grape fruits</p> 	<p>One cup of sections with juice nearly equivalent to 230g of grape fruit contains 18.58g of carbohydrates, 2.5g of dietary fiber and 1.45g of protein.</p>	<p>Potassium – 320mg Calcium - 28mg Phosphorus – 18mg Magnesium – 18mg Iron – 0.21mg Zinc – 0.16mg Copper – 0.108mg</p>	<p>Vitamin C – 79.1mg Pantothenic acid – 0.651mg Vitamin B3 – 0.575mg Vitamin E – 0.30mg Vitamin B6 – 0.097mg Vitamin B1 – 0.083mg Vitamin B2 – 0.046mg.</p>




<p>Guava</p> 	<p>100g of guava contains 17.1g of carbohydrates and 1g of protein.</p>	<p>Calcium – 30mg Phosphorus – 29mg</p>	<p>Vitamin C – 302mg Vitamin B1 – 0.07mg Vitamin A – 250 IU</p>
<p>Grapes</p> 	<p>One cup of grapes contains one gram of protein and 1.6 grams of dietary fiber.</p>	<p>Potassium - 176 mg Calcium - 13 mg Phosphorus - 9 mg Magnesium - 4.6 mg Iron - 0.4 mg Selenium - 0.3 mg Also contains trace amounts of zinc, manganese and copper.</p>	<p>Vitamin A - 92 IU Vitamin C - 3.7 mg Folate [important during pregnancy] - 3.6 mcg Vitamin B6 - 0.1 mg</p>
<p>Honey dew</p> 	<p>One cup of dried slices of approximately 170g of honey dew contains 15.54g of carbohydrates, 1.4g of dietary fiber and 0.92g of protein.</p>	<p>Potassium – 388mg Sodium – 31mg Phosphorus – 19mg Magnesium – 17mg Calcium - 10mg Iron – 0.29mg Zinc – 0.15mg Manganese – 0.046mg Copper – 0.041mg</p>	<p>Vitamin C – 30.6mg Vitamin B3 – 0.711mg Pantothenic acid – 0.264mg Vitamin B6 – 0.15mg Vitamin B1 – 0.065mg Vitamin E - 0.03mg Vitamin B2 – 0.02mg Folate – 32mcg Vitamin A – 5mcg</p>
<p>Kiwi</p> 	<p>One cup of kiwi contains 1.75 grams protein and over 6 grams of dietary fiber.</p>	<p>Potassium - 588 mg Phosphorus - 71 mg Magnesium - 53 mg Calcium - 46 mg Selenium - 1.1 mg Iron - 0.72 mg Zinc - 0.3 mg Copper - 0.3 mg</p>	<p>Vitamin A - 310 IU Vitamin C - 174 mg Folate [important during pregnancy] - 67 mcg Vitamin B2 - 0.09 mg Niacin - 0.9 mg Vitamin B6 - 0.16 mg Vitamin E - 3 IU</p>




<p style="text-align: center;">Lemon</p> 	<p>One lemon without peel contains .64 grams protein and 1.6 grams of dietary fiber.</p>	<p>Potassium - 80 mg Calcium - 15mg Phosphorus - 9.2 mg Magnesium - 4.6 mg Iron - 0.35 mg Also contains trace amounts of selenium, zinc, manganese and copper.</p>	<p>Vitamin A - 2 IU Vitamin C - 4 mg</p>
<p style="text-align: center;">Lime</p> 	<p>One lime without peel contains .4 grams of protein and 1.8 grams of dietary fiber.</p>	<p>Potassium - 68 mg Calcium - 22 mg Phosphorus - 12 mg Magnesium - 4 mg Iron - 0.4 mg Also contains trace amounts of selenium, zinc, manganese and copper.</p>	<p>Vitamin A - 6.7 IU Vitamin C - 19 mg Folate [important during pregnancy] - 5.5 mcg</p>
<p style="text-align: center;">Mango</p> 	<p>One mango without peel contains 1.0 grams of protein and 3 grams of dietary fiber.</p>	<p>Potassium - 323 mg Calcium - 20.7 mg Phosphorus - 22.8 mg Magnesium - 18.6 mg Iron - 0.26 mg Also contains trace amounts of selenium, copper, zinc manganese.</p>	<p>Vitamin A - 8060 IU Vitamin C - 57.34 mg Folate [important during pregnancy] - 29 mcg Vitamin B2 - 0.12 mg Niacin - 1.2 mg Vitamin B6 - .28 mg Vitamin E - 3.51 IU</p>



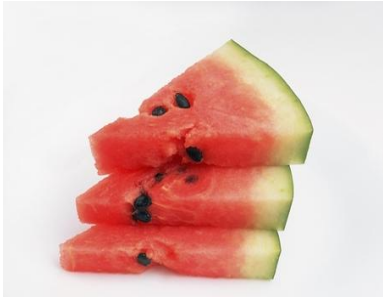
<p>Nectarines</p> 	<p>One cup of slices with out pits equivalent to 138mg contains 14.56g of carbohydrates, 2.3 g of dietary fiber and 1.46g of protein</p>	<p>Potassium – 277mg Phosphorus – 36mg Magnesium – 12mg Calcium – 8mg Iron – 0.39mg Zinc – 0.23mg Copper – 0.119mg Manganese – 0.075mg</p>	<p>Vitamin C – 7.6mg Vitamin B3 – 1.55mg Vitamin E – 1.06mg Pantothenic acid – 0.255mg Vitamin B1 – 0.047mg Vitamin B2 – 0.037mg Vitamin B6 – 0.035mg Vitamin A – 23mcg Folate – 7mcg Vitamin K – 3mcg</p>
<p>Orange</p> 	<p>One medium orange contains 1 gram of protein and 3 grams of dietary fiber.</p>	<p>Potassium - 237 mg Calcium - 52 mg Phosphorus - 18 mg Magnesium - 13 mg Selenium - 0.65 mg Also contains trace amounts of iron, zinc, manganese and copper.</p>	<p>Vitamin A - 269 IU Vitamin C - 70 mg Folate [important during pregnancy] - 40 mcg Vitamin B1 [thiamine] - 0.1 mg Pantothenic Acid - .33 mg</p>
<p>Papaya</p> 	<p>Each papaya contains 29.82g of carbohydrates, 5.47 g of dietary fiber and 1.85 g of protein.</p>	<p>Potassium – 781.28mg Calcium – 72.96mg Chloride – 33.44mg Magnesium – 30.40mg Phosphorus – 15.2mg Sodium – 9.12mg Zinc – 0.21mg Copper – 0.05mg</p>	<p>Vitamin C– 187.87 mg Vitamin E – 3.4mg Niacin – 1.43mg Pantothenic acid – 0.66mg Vitamin B2 – 0.1mg Vitamin B6 – 0.06mg A – beta carotene – 151.09mcg Folate – 115.52mcg</p>

<p>Passion fruit</p> 	<p>8 passion fruits contain 34g of carbohydrates, 15g of dietary fiber and 3g of protein.</p>	<p>Iron – 43.6mg Sodium – 40mg Calcium – 7.2mg</p>	<p>Vitamin A – 252mg Vitamin C – 72mg</p>
<p>Peach</p> 	<p>One medium peach [with skin] contains 1 gram dietary fiber.</p>	<p>Potassium - 193 mg Phosphorus - 12 mg Magnesium - 6.9 mg Calcium - 5 mg Selenium - 0.4 mg Also contains trace amounts of iron, zinc, manganese and copper.</p>	<p>Vitamin A - 524 IU Vitamin C - 19 mg Folate [important during pregnancy] - 5.5 mcg Niacin - 0.97 mg</p>
<p>Pears</p> 	<p>One cup of slices of approximately 165mg of pears contains 25.51g of carbohydrates, 5.1g of dietary fiber and 0.63mg of protein.</p>	<p>Potassium – 196mg Phosphorus – 18mg Calcium – 15mg Magnesium – 12mg Sodium – 2mg Zinc – 0.17mg Copper – 0.135mg Manganese – 0.081mg</p>	<p>Vitamin C – 6.9mg Vitamin B3 – 0.25mg Pantothenic acid – 0.07mg Vitamin B6 – 0.046mg Vitamin B2 – 0.041mg Vitamin B1 – 0.02mg Folate – 12mcg Vitamin A – 2mcg</p>

<p>Pine apple</p> 	<p>One cup of pineapple pieces contains 19.2g of carbohydrates , 1.86g of dietary fiber and 0.6g of protein</p>	<p>Potassium – 175.15mg Magnesium – 21.70mg Calcium – 10.85mg Manganese – 2.56mg Sodium – 1.55mg Iron – 0.57mg Copper – 0.17mg Zinc – 0.12mg Selenium – 0.93mcg</p>	<p>Vitamin C –23.87mg Vitamin B3 –0.65mg Pantothenic acid – 0.25mg Vitamin E – 0.16mg Vitamin B1 – 0.14mg Vitamin B6 – 0.13mg Vitamin B2 – 0.06mg</p>
<p>Plantains</p> 	<p>One cup of cooked and mashed plantains contains 62.3g of carbohydrates, 2.3g of dietary fiber and 0.79g of protein.</p>	<p>Potassium – 930mg Magnesium – 64mg Phosphorus – 56mg Sodium – 10mg Calcium – 4mg Iron – 1.16mg Zinc – 0.26mg Copper – 0.132mg</p>	<p>Vitamin C – 21.8mg Vitamin B3 – 1.512mg Vitamin B6 – 0.48mg Pantothenic acid – 0.46mg Vitamin E – 0.26mg Folate – 52mcg Vitamin A – 1818mcg</p>
<p>Plums</p> 	<p>66g of plum contains 8.59g of carbohydrates, 0.99g of dietary fiber and 0.52g of protein</p>	<p>Potassium – 113.52mg Phosphorus - 6.6mg Magnesium – 4.62mg Calcium – 2.64mg Iron & zinc – 0.07mg Manganese – 0.03mg</p>	<p>Vitamin C– 6.27mg Pantothenic acid – 0.12mg Vitamin E – 0.57mg Vitamin B3 – 0.33mg Vitamin B2 – 0.06mg Vitamin B1 – 0.03mg Beta carotene – 126.72mcg Folate – 1.45mcg</p>

<p>Pomegranate</p> 	<p>100g of pomegranate contains 17.17g of carbohydrates, 0.95g of protein and 0.6g of dietary fiber.</p>	<p>Potassium – 259mg Phosphorus – 8mg Calcium – 3mg Magnesium – 3mg Sodium – 3mg Iron – 0.3mg Zinc – 0.12mg Copper – 0.07mg</p>	<p>Vitamin C – 6.1mg Vitamin E – 0.6mg Pantothenic acid – 0.59mg Vitamin B3 – 0.3mg Vitamin B1 – 0.03mg Vitamin B2 – 0.03mg Folate – 6mcg Vitamin A – 108 IU</p>
<p>Prunes</p> 	<p>0.25 cup of prunes contains 26.66g of carbohydrates, 3.02g of dietary fiber and 1.11g of protein.</p>	<p>Potassium – 316.63mg Phosphorus – 33.58mg Calcium – 21.68mg Magnesium – 19.13mg Sodium – 1.7mg Chloride – 1.27mg Iron – 1.05mg Zinc – 0.23mg Copper – 0.18mg Manganese – 0.09mg</p>	<p>Vitamin C – 1.4mg Vitamin E – 1.06mg Vitamin B3 – 0.83mg Pantothenic acid – 0.2mg Vitamin B6 – 0.11mg Vitamin B2 – 0.07mg Vitamin B1 – 0.03mg A – beta carotene- 456.88mcg Folate – 1.57mcg</p>
<p>Quince</p> 	<p>One fruit with out core, seeds and parings contains 14.08g of carbohydrates, 1.7g of dietary fiber and 0.37g of protein.</p>	<p>Potassium – 181mg Phosphorus – 16mg Calcium – 10mg Magnesium – 7mg Sodium – 4mg Copper - 0.12mg Iron – 0.64mg Zinc – 0.04mg</p>	<p>Vitamin C – 13.8mg Vitamin B3 – 0.184mg Pantothenic acid – 0.075mg Vitamin B6 – 0.037mg Vitamin B2 – 0.028mg Vitamin B1 – 0.018mg Folate – 3mcg Vitamin A – 2mcg</p>

<p>Raisins</p> 	<p>43 g of raisins contains 9g of carbohydrates, 6g of protein and 3g of dietary fiber</p>	<p>Iron – 1.72g Calcium – 0.86g</p>	<p>Vitamin C – 0.86g</p>
<p>Raspberries</p> 	<p>One cup of fresh raspberries contains 14.24mg carbohydrate, 8.34g of dietary fiber and 1.12g of protein</p>	<p>Potassium – 186.96mg Calcium – 27.06mg Chloride - 27.06mg Magnesium – 22.14mg Phosphorus – 14.76mg Manganese – 1.24 mg Iron – 0.7mg Zinc – 0.56mg Copper – 0.10mg</p>	<p>Vitamin C – 30.76mg Vitamin B3 – 1.1mg Vitamin E – 0.56mg Pantothenic acid – 0.3mg Vitamin B2 – 0.12mg Vitamin B6 – 0.08mg Vitamin B1 – 0.04mg Vitamin A – 47.98 mcg Folate – 31.98mcg Biotin – 2.34mcg</p>
<p>Strawberry</p> 	<p>1 cup whole strawberries contains 3 grams of dietary fiber.</p>	<p>Potassium - 239 mg Phosphorus - 27 mg Calcium - 20 mg Magnesium - 14 mg Selenium - 1 mg Iron - .55 mg manganese - 0.42 mg and trace amounts of zinc and copper.</p>	<p>Vitamin A - 39 IU Vitamin C - 82 mg Folate - 25.5 mcg</p>

<p>Tangerines[mandarin oranges]</p> 	<p>100g of tangerines with out peel and seeds contains 13.34g of carbohydrates, 1.8g of dietary fiber and 0.81g of protein.</p>	<p>Potassium – 166mg Calcium – 37mg Phosphorus – 20mg Magnesium – 12mg Sodium – 2mg Iron – 0.15mg Zinc – 0.07mg Copper – 0.042mg Manganese – 0.039mg</p>	<p>Vitamin C – 26.7mg Vitamin B3 – 0.376mg Pantothenic acid – 0.216mg Vitamin B6 – 0.078mg Vitamin B1 – 0.058mg Vitamin B2 – 0.036mg Vitamin A – 34mcg Folate - 16mcg</p>
<p>Tomato</p> 	<p>One medium tomato contains 1.05 grams of protein and 1.35 grams of fiber.</p>	<p>Potassium - 396.7 mg Phosphorus - 62.7 mg Magnesium - 22.8 mg Calcium - 31.9 mg Sodium - 11.4 mg Iron - 0.51 mg Selenium - 0.8 mg Also contains small amounts of manganese, copper and zinc.</p>	<p>Vitamin A - 2364 IU Vitamin C - 25 mg Folate [important during pregnancy] - 46 mcg Niacin - 0.94 mg Vitamin B6 - 0.1 mg</p>
<p>Watermelon</p> 	<p>1 medium wedge [slice] of watermelon contains 1 gram of protein and 1 gram of dietary fiber.</p>	<p>Potassium - 332 mg Magnesium - 31.5 mg Phosphorus - 26 mg Calcium - 23 mg Iron - 0.5 mg Selenium - 0.3 mg Also contains small amounts of manganese, copper & zinc.</p>	<p>Vitamin A - 1050 IU Vitamin C - 27 mg Niacin - 0.57 mg Vitamin B1 - 0.23 mg Vitamin B6 - 0.4 mg Folate [important during pregnancy] - 6.33 mcg</p>



CONCLUSION

Large part of the fruits contains water and as they contain abundance of nutrients including vitamins, essential oils, antioxidants, fiber, they are said to provide a full and expensive nutrition. So try to take combinations of different fruits instead of single servings to get your healthy diet. Be a little bit careful with the acid fruits when you are ill because our body is already very busy detoxifying and when stimulating this process it could cause an over reaction to clean itself even more worse for that moment. So don't go squeezing 20 oranges to get better. Don't forget that human body reacts like an oil tanker. It's wise not to expect immediate results like weight loss just in the beginning. So try to go on a diet and have at least five pieces of fruit a day.

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