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Nutrition chart for fruits and vegetables, and other foods give pictorial information about the nutrient content of a food item. Our nutrition charts and tables for fruits, grains, sea food etc. are based the amount of a given nutrient per 100 gram of the edible portion of the food article.

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Vitamin - Wikipedia
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The recommendations in this vitamins chart are based largely on guidelines from the Institute of Medicine. Recommended amounts of different types of vitamins may be expressed in milligrams (mg), micrograms (mcg), or international units (IU), depending on the nutrient. Unless specified, values represent those for adults ages 19 and older.

Listing of vitamins - Harvard Health
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