

Nutritive value of fruits and vegetables

Nutritive value of raw mango (per 100g)



Principle	Nutrient value	% of RDA
Energy	70 kcal	3.5
Carbohydrates	17 g	13
Dietary fiber	1.8 g	4.5
Fat	0.27 g	1
Protein	0.51 g	1
Vitamin A	765 IU	25.5
Vitamin C	27.7mg	46
Calcium	10 mg	1
Iron	0.13 mg	1.5
Magnesium	9 mg	2
Potassium	156 mg	3

Source: USDA National Nutrient Database)

Nutritive Value Of Foods

Raffaella Di Napoli



Nutritive Value Of Foods:

This book delves into Nutritive Value Of Foods. Nutritive Value Of Foods is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Nutritive Value Of Foods, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Nutritive Value Of Foods
- Chapter 2: Essential Elements of Nutritive Value Of Foods
- Chapter 3: Nutritive Value Of Foods in Everyday Life
- Chapter 4: Nutritive Value Of Foods in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Nutritive Value Of Foods. The first chapter will explore what Nutritive Value Of Foods is, why Nutritive Value Of Foods is vital, and how to effectively learn about Nutritive Value Of Foods.

3. In chapter 2, this book will delve into the foundational concepts of Nutritive Value Of Foods. This chapter will elucidate the essential principles that must be understood to grasp Nutritive Value Of Foods in its entirety.

4. In chapter 3, the author will examine the practical applications of Nutritive Value Of Foods in daily life. The third chapter will showcase real-world examples of how Nutritive Value Of Foods can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Nutritive Value Of Foods in specific contexts. This chapter will explore how Nutritive Value Of Foods is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Nutritive Value Of Foods. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Nutritive Value Of Foods.

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Nutritive Value Of Foods Introduction

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