

Flite Aviaries NQ 2018

Primary Ideas of Vitamin levels for Frugivores & Lories

Name	Great			Fair			Not Great	
	Produce	Vitamin A IU/100g	Iron mg/100g	Vitmin C mg/100g	Vitamin E mg/100g	Vitamin K ug/100g	Caratene B ug/100g	Frucu ose/G lucos e
Almond	2	3.71↑	0↓	26↑	-	1		
Amaranth Greens	2917↑	2.32↑	43.3↑	-	1140↑	-		
Amaranth Seed		7.61↑	-	1.19↑	-	159	-	
Apple	54	0.12↓	4.6↓	0.18↑	2.2	27	2.8	
Apricot	1926	0.39↓	10↓	0	3.3	19		
Banana	64	0.26↓	8.7↓	0.10	0.5	25	1.0	
Basella	8000↑	1.20↑	102↑	-	-	-		
Beetroot +	33	0.8	4.9↓	0.04	0.2	20		
Blueberries	54	0.28↓	9.7	0.57	19.3↑	32	1.4	
Bok Choy	4468↑	0.8	45↑	-	45.5↑	2681↑		
Broccoli	623	0.73	89.2↑	0.17	101.6↑	361		
Butternut Sq	10630↑	0.7	21↑	1.44↑	1.1	4226↑		
Capsicum	3131↑	0.43	127.7↑	1.58↑	4.9	1624↑	1.2	
Carrot	16706↑	0.3↓	5.9↓	-	13.2↑	8285↑	0.9↑	
CayennePepper	41610↑	7.8↑	76.4↑	29.83↑	80.3↑	21840↑		
Celery	449	0.2↓	3.1↓	-	29.3↑	270		
Cherries	640	0.36↓	21↑	-	-	38	0.9	
Chicory	5717↑	0.9	24↑	2.26↑	297↑	1300↑		
Chillis	952	1.03↑	143.7↑	0.69	14↑	534		
Coriander Seeds	0	16.32↑	21↑	-	-	-		
Cranberry	60	0.25↓	13.3↑	1.2↑	5.1	36		
Cucumber	105	0.28↓	2.8↓	0.03	16.4↑	45	1.0	
Cumin Seeds	1270	66.36↑	7.7	3.3↑	5.4	762		
Dandelion	10161↑	3.10↑	35↑	3.44↑	778↑	363		
Dates	149	0.9	0↓	-	2.7	89		
Endive	2167↑	0.83	6.5↓	0.44	231↑	1300↑		
Fenugreek	60	33.53↑	3↓	-	-	-		Bind to Toxins
Fig	142	0.37↓	2↓	0.11	4.7	85	0.9	
Flax Seed	0	5.73↑	0.6↓	19.95↑	4.3	0		

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Gooseberry	290	0.31 ↓	27.7 ↑	-	-	7	1.1	
Grapes	66	0.36 ↓	10.8	0.19	14.6 ↑	1	1.0	
Green Pea	765	1.47 ↑	40 ↑	0.13	24.8 ↑	449	1.0	
Guava	624	0.26 ↓	228 ↑	0.73	2.6	374	1.6	
Honeydew Melon	3382 ↑	0.21 ↓	36 ↑	0.05	2.5	2020 ↑	2.1	
Jalapenos	1078	0.25	118.6 ↑	3.58 ↑	18.5 ↑	561		
Kiwifruit	87	0.31 ↓	92.7 ↑	1.46 ↑	40.3 ↑	52	1.1	
Lychee	0	0.31 ↓	71.5 ↑	0.07	0.4	0	0.6	
Mango	765	0.13	27.7 ↑	1.12 ↑	4.2	445	3.1 ↑	
Mustard Greens	3024 ↑	1.64 ↑	70 ↑	0	257.5 ↑	1790 ↑		
Mustard Seeds	31	9.21 ↑	7.1	19.82 ↑	5.4	18		
Okra	375	0.8	21.1 ↑	0.36	53 ↑	225	1.1	
Orange	230	0.09 ↓	48.5 ↑	-	-	-	1.1	
Oregano	6903 ↑	44 ↑	50 ↑	18.86 ↑	621 ↑	4112 ↑		
Passionfruit	1274	1.6 ↑	30 ↑	0.02	0.7	743		
Paw Paw	950	0.25 ↓	60.9 ↑	0.3	2.6	276	0.3	
Peach	326	0.25 ↓	6.6 ↓	0.73	2.6	162	1.0	
Pear		0.17 ↓	4.2 ↓	0.12	4.5	12	2.1	
Pear	23	0.17 ↓	4.2 ↓	0.12	4.5	12		
Peppermint	4648 ↑	5.08 ↑	31.8 ↑	-	-	-		
Persimmon	81	0.15 ↓	7.5	0.73	2.6	253		
Pine Nut	29	5.53 ↑	0.8 ↓	9.33 ↑	-	17		
Pineapple	58	0.29 ↓	47.8 ↑	0.02	0.07	35	1.2	
Plum	345	0.17 ↓	9.5	0.26	6.4	190	0.6 ↑	
Pomgranat	0	0.3 ↓	10.2	0.6	16.4 ↑	0		
Poppy Seed	0	9.76 ↑	1 ↓	1.77 ↑	0	-		
Pumpkin	7384 ↑	0.8	9	1.06 ↑	1.1	3100 ↑	0.9	
Pumpkin Seed	16	8.82 ↑	1.9 ↓	35.1 ↑	-	9		
Quinoa	14	4.57 ↑	-	2.44	0	8		
Radish	7	0.34 ↓	14.8 ↑	0	1.3	4		
Raspberry	33	0.69	26.2 ↑	1.42 ↑	7.8	12	1.2	

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Red Currants							1.2	
Rocket	2373 ↑	1.46 ↑	15 ↑	0.43	108.6↑	1424 ↑		
Spinach	9377↑	2.71↑	28.1↑	2.03 ↑	482.9 ↑	5626 ↑		
Starfruit	61	0.8	344 ↑	0.15	0	-	1.1	
Strawberry	12	0.41 ↓	58.8 ↑	0.29	2.2	-	1.1	
Sunflower Seed	50	5.25 ↑	1.4↓	35.17↑	-	30		
Sweet Potato	14187↑	0.61	2.4 ↓	0.26	1.8	7	0.8 ↑	
Sweetcorn	187	0.52	6.8↓	0.07	0.3	47	1.0	
Tomato	833	0.3 ↓	13 ↑	0.54	7.9	449	1.3	
Water Cress	3191↑	0.2 ↓	43 ↑	1.0 ↑	250 ↑	1914↑		
Water Melon	569	0.24 ↓	8.1	0.05	-	303	2.0	
Zucchini	200	0.37 ↓	↓	0.12	4.3	120		