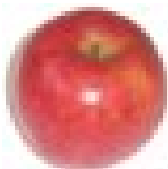





TERMÉSEK

NÉHÁNY FONTOSABB GYÜMÖLCS ELEMTARTALMA ÉS VITAMINTARTALMA



Note that only those nutrients which appear in significant quantities are listed. For more detailed information, please visit the [United States Department of Agriculture \(USDA\) Food & Nutrition Center](http://www.ars.usda.gov).

Fruits	Amount	Minerals Contained	Vitamins Contained
 <p>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>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) - .2 mg Vitamin B2 (riboflavin) - .25 mg Niacin - 3.9 mg Folate - 124.6 mg Pantothenic Acid - 1.95 mg Vitamin B6 - .56 mg Contains some other vitamins in small amounts.</p>

Fruits	Amount	Minerals Contained	Vitamins Contained
Banana 	One medium banana contains 1 gram of protein and 3 grams of dietary fiber.	<u>Potassium</u> - 467 mg <u>Magnesium</u> - 43 mg <u>Phosphorus</u> - 27 mg <u>Calcium</u> - 7 mg <u>Selenium</u> - 1.3 mg <u>Iron</u> - .4 mg Also contains trace amounts of <u>zinc</u> , <u>manganese</u> and <u>copper</u> .	<u>Vitamin A</u> - 95 IU <u>Vitamin C</u> - 11 mg <u>Folate</u> (important during pregnancy) - 22.5 mcg <u>Vitamin B6</u> - .7mcg <u>Niacin</u> - .6 mg <u>Pantothenic Acid</u> - .31 mg <u>Vitamin E</u> - .67 IU
Blackberry 	One cup blackberries contains 1 gram of protein and over 7 grams of dietary fiber.	<u>Potassium</u> - 282 mg <u>Calcium</u> - 46 mg <u>Phosphorus</u> - 30 mg <u>Magnesium</u> - 28 mg <u>Manganese</u> - 1.9 mg <u>Iron</u> - .8 mg <u>Selenium</u> - .9 mg <u>Zinc</u> - .4 mg Also contains a trace amount of <u>copper</u> .	<u>Vitamin A</u> - 237 IU <u>Vitamin C</u> - 30 mg <u>Vitamin E</u> - 1.5 IU <u>Folate</u> - 49 mcg

Fruits

Amount

Minerals Contained

Vitamins Contained

Lemon



One lemon without peel contains .64 grams protein and 1.6 grams of dietary fiber.

[Potassium](#) - 80 mg
[Calcium](#) - 15mg
[Phosphorus](#) - 9.2 mg
[Magnesium](#) - 4.6 mg
[Iron](#) - .35 mg
Also contains trace amounts of [selenium](#), [zinc](#), [manganese](#) and [copper](#).

[Vitamin A](#) - 2 IU
[Vitamin C](#) - 4 mg

Orange



one medium orange contains 1 gram of protein and 3 grams of dietary fiber.

[Potassium](#) - 237 mg
[Calcium](#) - 52 mg
[Phosphorus](#) - 18 mg
[Magnesium](#) - 13 mg
[Selenium](#) - .65 mg
Also contains trace amounts of [iron](#), [zinc](#), [manganese](#) and [copper](#).

[Vitamin A](#) - 269 IU
[Vitamin C](#) - 70 mg
[Folate](#) (important during pregnancy) - 40 mcg
[Vitamin B1 \(thiamine\)](#) - .1 mg
[Pantothenic Acid](#) - .33 mg

Peach



One medium peach (with skin) contains 1 gram dietary fiber.

[Potassium](#) - 193 mg
[Phosphorus](#) - 12 mg
[Magnesium](#) - 6.9 mg
[Calcium](#) - 5 mg
[Selenium](#) - .4 mg
Also contains trace amounts of [iron](#), [zinc](#), [manganese](#) and [copper](#).

[Vitamin A](#) - 524 IU
[Vitamin C](#) - 19 mg
[Folate](#) (important during pregnancy) - 5.5 mcg
[Niacin](#) - .97 mg

Fruits

Amount

Minerals Contained

Vitamins Contained

Strawberry

1 cup whole strawberries contains 3 grams of dietary fiber.



[Potassium](#) - 239 mg
[Phosphorus](#) - 27 mg
[Calcium](#) - 20 mg
[Magnesium](#) - 14 mg
[Selenium](#) - 1 mg
[Iron](#) - .55 mg
[manganese](#) - .42 mg Also contains trace amounts of [zinc](#) and [copper](#).

[Vitamin A](#) - 39 IU
[Vitamin C](#) - 82 mg
[Folate](#) (important during pregnancy) - 25.5 mcg

Tomato

One medium tomato contains 1.05 grams of protein and 1.35 grams of fiber.



[Potassium](#) - 396.7 mg
[Phosphorus](#) - 62.7 mg
[Magnesium](#) - 22.8 mg
[Calcium](#) - 31.9 mg
[Sodium](#) - 11.4 mg
[Iron](#) - .51 mg
[Selenium](#) - .8 mg
Also contains small amounts of [manganese](#), [copper](#) and [zinc](#).

[Vitamin A](#) - 2364 IU
[Vitamin C](#) - 25 mg
[Folate](#) (important during pregnancy) - 46 mcg
[Niacin](#) - .94 mg
[Vitamin B6](#) - .1 mg

Watermelon

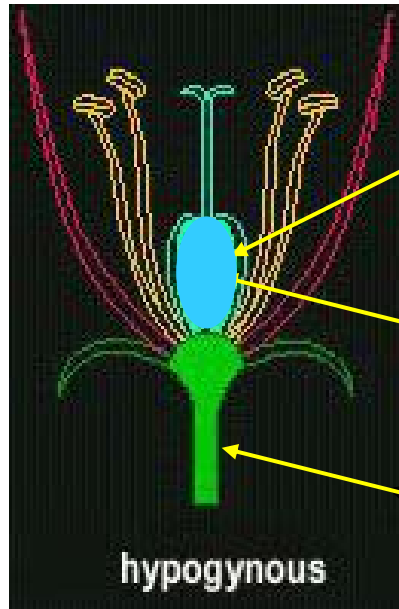
1 medium wedge (slice) of watermelon contains 1 gram of protein and 1 gram of dietary fiber.



[Potassium](#) - 332 mg
[Magnesium](#) - 31.5 mg
[Phosphorus](#) - 26 mg
[Calcium](#) - 23 mg
[Iron](#) - .5 mg
[Selenium](#) - .3 mg
Also contains small amounts of [manganese](#), [copper](#) and [zinc](#).

[Vitamin A](#) - 1050 IU
[Vitamin C](#) - 27 mg
[Niacin](#) - .57 mg
[Vitamin B1](#) - .23 mg
[Vitamin B6](#) - .4 mg
[Folate](#) (important during pregnancy) - 6.33 mcg

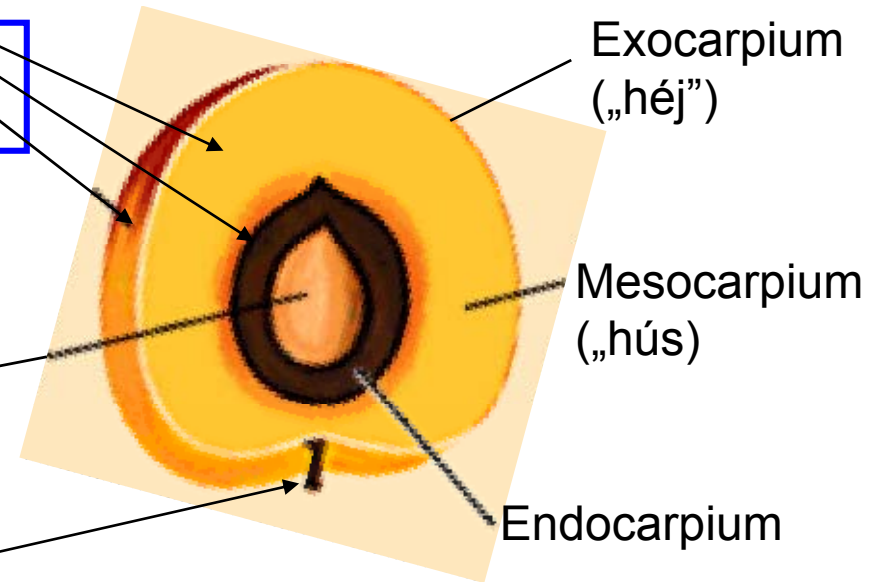
Valódi, egyszerű termés



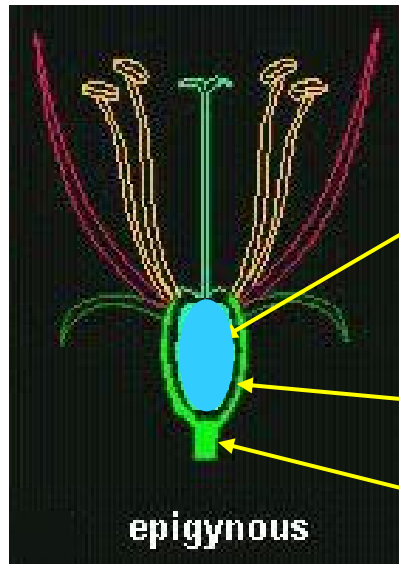
A magház fala
Termés fala

Magkezdemény
Mag

kocsány



Áltermés

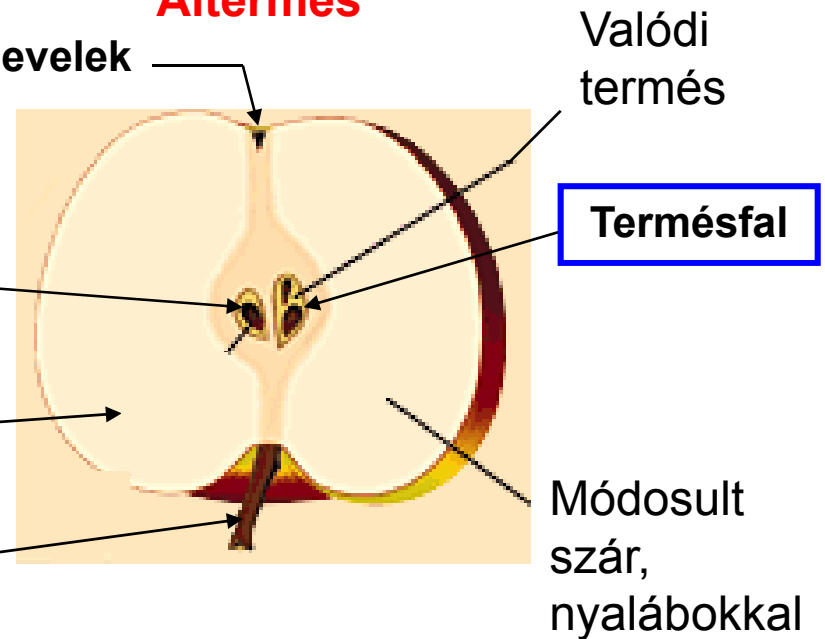


Száraz csészelevelek

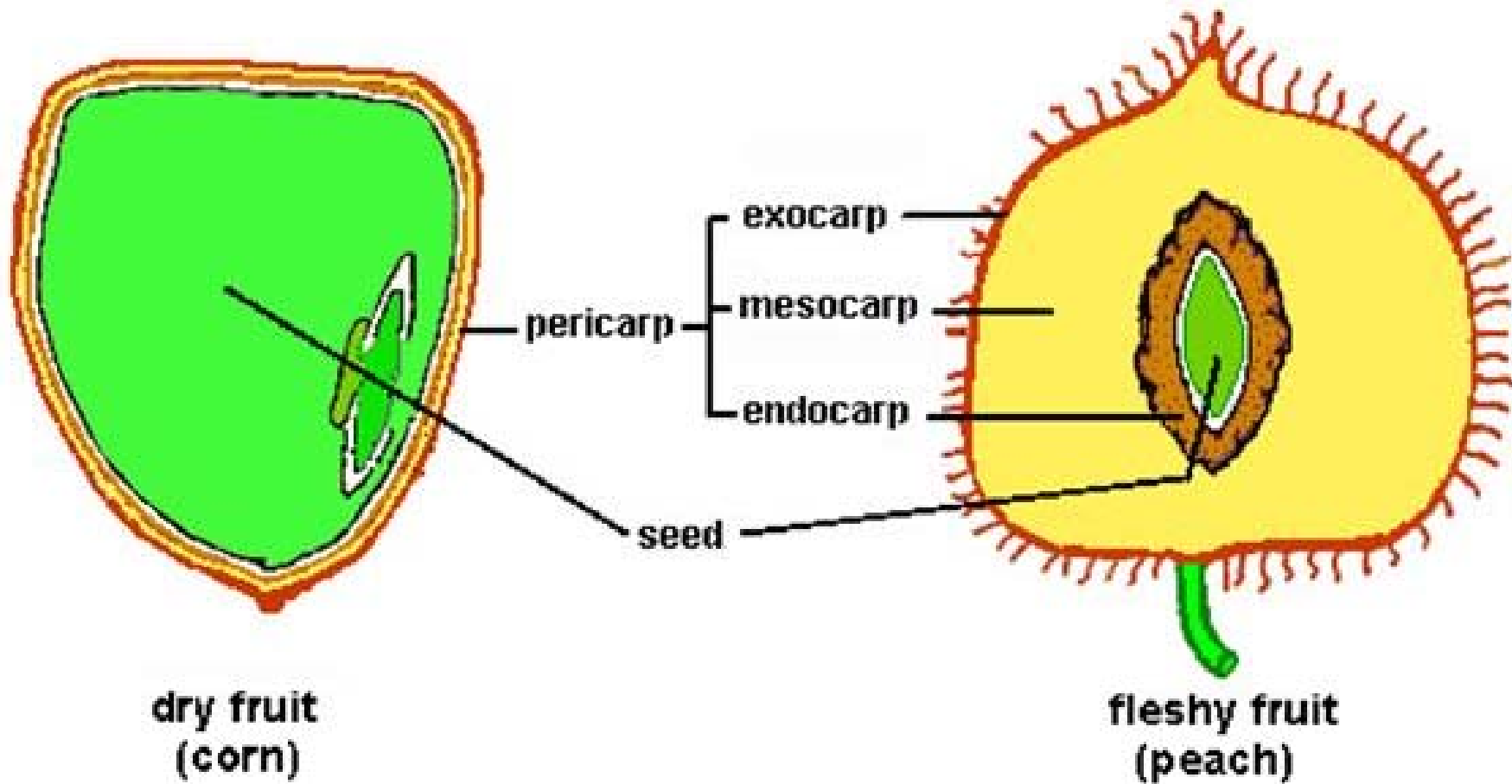
Magkezdemény
Mag

hypanthium

kocsány



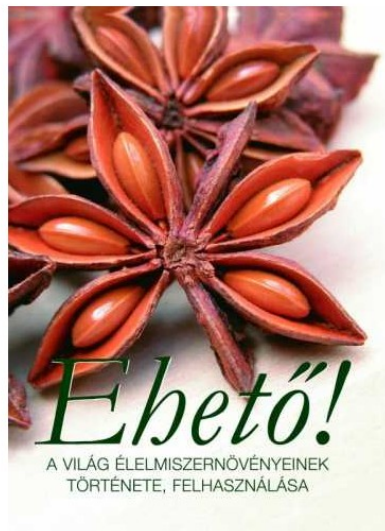
A termések felépítése



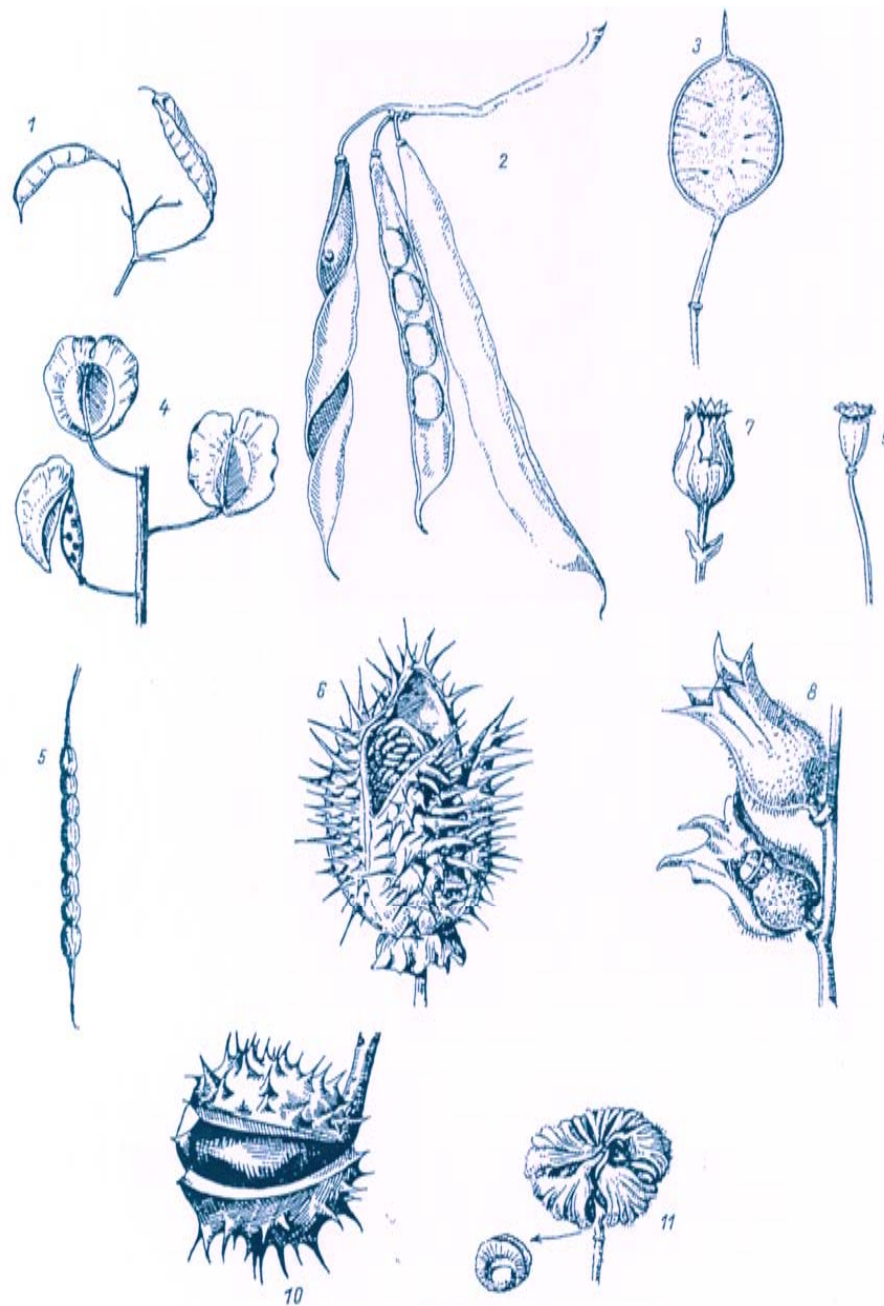
<http://generalhorticulture.tamu.edu/HORT604/LectureSuppl/AnatomyOrgans/AnatomyOrgans05.htm>

<http://waynesword.palomar.edu/termfr4.htm>

www.TropicalFruitNursery.com

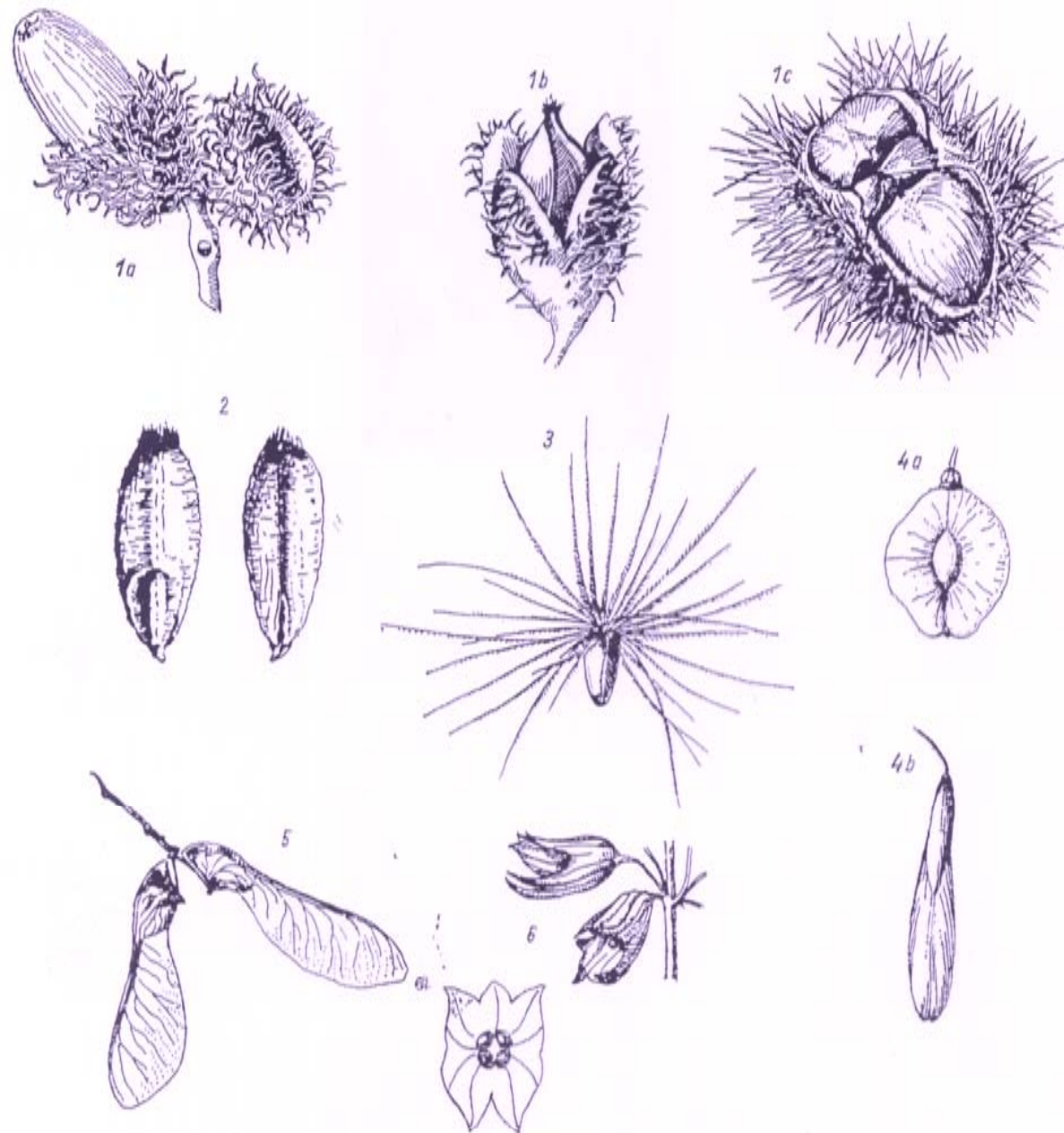


ISBN 978-963-09-5962-9



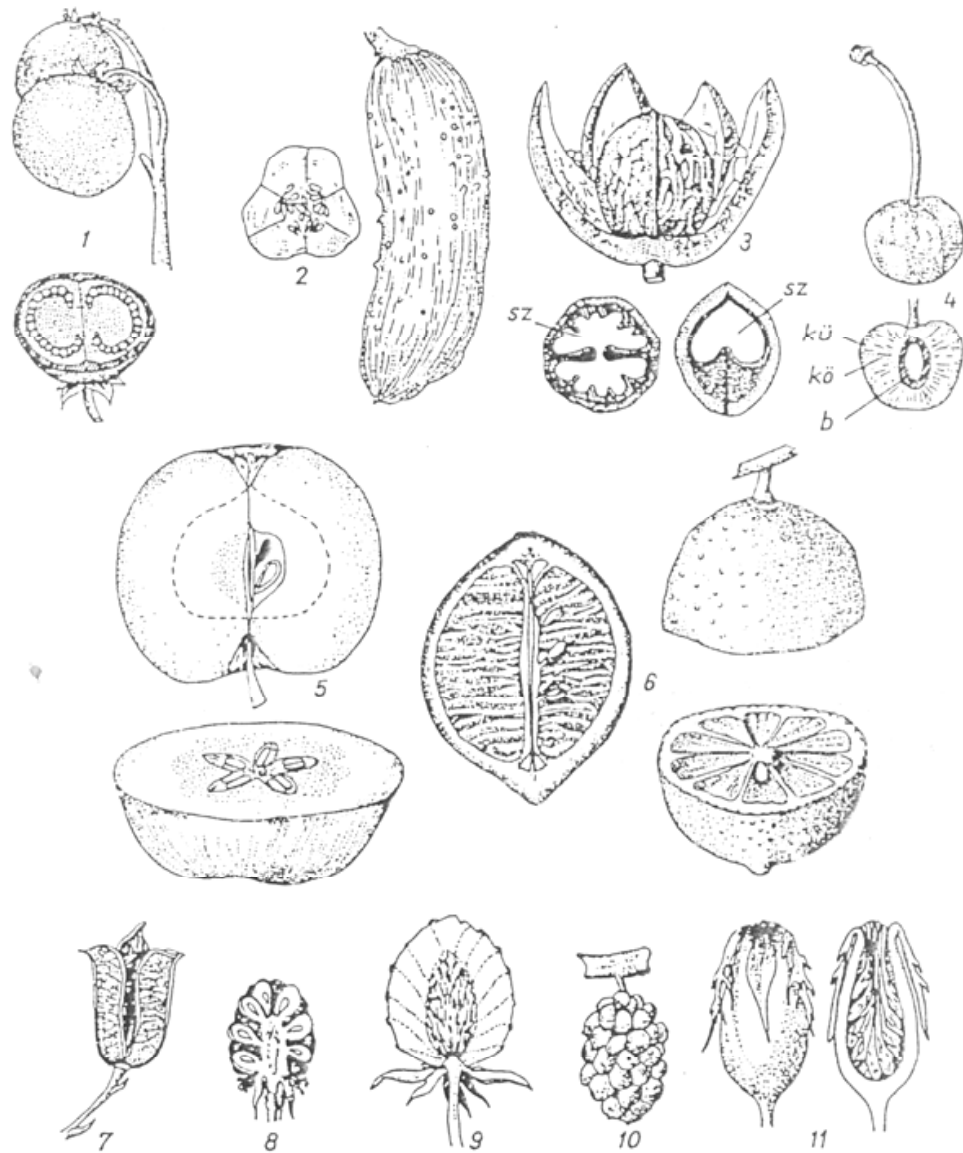
Termések

A — száraz felnyíló termések: 1. tüző (Consolida), 2. hüvely (Phaseolus), 3. becő (Lunaria), 4. becőke (Thlaspi), 5. cikkes becő (Raphanus), 6. kopácsokkal nyíló tok (Datura), 7. fogakkal nyíló tok (Melandrium), 8. kupakkal nyíló tok (Hyoscyamus), 9. lyukakkal nyíló tok (Papaver), 10. húsos falú toktermés (Aesculus), 11. papsajt termés (Althaea),



Termések

B — száraz zárt termések: 1. makk: a — csertölgy (*Quercus cerris*), b — bükk (*Fagus*), c — szelídgesztenye (*Castanea sativa*) 2. szemtermés (rozs = *Secale cereale*), 3. kaszattermés (*Cynara cardunculus*), 4. lependék: a — szilfa (*Ulmus*), b — kőrisfa (*Fraxinus ornus*), 5. ikerlependék (tatárjuhar = *Acer tataricum*), 6. résztermések (négy makkocska) (orvosi zsályá = *Salvia officinalis*)



269. ábra. Húsos termések, termés csoportok, ártermések. 1: bogyó (burgonya). 2: kukorica (uborka). 3: felnyíló csonthéjas termés (dió), alatta a mag kereszt- és hosszmetézet. sz: sziklevél. 4: csonthéjas termés (cseresznye). kü: külső-, kö: középső-, b: belső terméshártya. 5: almatermés. 6: citromtermés, hosszmetézetében az elhúsosodó szőrök, a terméshártyában olajtartók figyelhetők meg. 7: csoportos tüző (pünkösdi rózsa). 8: csoportos csonthéjas (málna). 9: aszmagok csoportjából álló szamóca. 10: aszmagokból álló terméságazat elhúsosodó leplekkel (epertermés). 11: vadrózsa aszmagos termés csoportja, csipkebogyó (vadrózsa)

A TERMÉSEK CSOPORTOSÍTÁSA

