

Food Sources of
**Selected
Nutrients**

Food Sources of Potassium

Food, Standard Amount	Potassium (mg)	Calories
Sweetpotato, baked, 1 potato (146 g)	694	131
Tomato paste, 1/4 cup	664	54
Beet greens, cooked, 1/2 cup	655	19
Potato, baked, flesh, 1 potato (156 g)	610	145
White beans, canned, 1/2 cup	595	153
Yogurt, plain, nonfat, 8oz container	579	127
Tomato puree, 1/2 cup	549	48
Clams, canned, 3 oz	534	126
Yogurt, plain, lowfat, 8oz container	531	143
Prune juice, 3/4 cup	530	136
Carrot juice, 3/4 cup	517	71
Blackstrap molasses, 1 Tbsp	498	47
Halibut, cooked, 3 oz	490	119
Soybeans, green, cooked, 1/2 cup	485	127
Tuna, yellowfin, cooked, 3 oz	484	118
Lima beans, cooked, 1/2 cup	484	104
Winter squash, cooked, 1/2 cup	448	40
Soybeans, mature, cooked, 1/2 cup	443	149
Rockfish, Pacific, cooked, 3 oz	442	103
Cod, Pacific, cooked, 3 oz	439	89
Bananas, 1 medium	422	105
Spinach, cooked, 1/2 cup	419	21
Tomato juice, 3/4 cup	417	31
Tomato sauce, 1/2 cup	405	39
Peaches, dried, uncooked, 1/4 cup	398	96
Prunes, stewed, 1/2 cup	398	133
Milk, nonfat, 1 cup	382	83
Pork chop, center loin, cooked, 3 oz	382	197
Apricots, dried, uncooked, 1/4 cup	378	78
Rainbow trout, farmed, cooked, 3 oz	375	144
Pork loin, center rib (roasts), lean, roasted, 3 oz	371	190
Buttermilk, cultured, lowfat, 1 cup	370	98
Cantaloupe, 1/4 medium	368	47
1%—2% milk, 1 cup	366	102–122
Honeydew melon, 1/8 medium	365	58
Lentils, cooked, 1/2 cup	365	115
Plantains, cooked, 1/2 cup slices	358	90
Kidney beans, cooked, 1/2 cup	358	112
Orange juice, 3/4 cup	355	85
Split peas, cooked, 1/2 cup	355	116
Yogurt, plain, whole milk, 8 oz container	352	138

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Food Sources of **Vitamin E**

Food, Standard Amount	AT (mg)	Calories
Fortified ready-to-eat cereals, ~1 oz	1.6–12.8	90–107
Sunflower seeds, dry roasted, 1 oz	7.4	165
Almonds, 1 oz	7.3	164
Sunflower oil, high linoleic, 1 Tbsp	5.6	120
Cottonseed oil, 1 Tbsp	4.8	120
Safflower oil, high-oleic, 1 Tbsp	4.6	120
Hazelnuts (filberts), 1 oz	4.3	178
Mixed nuts, dry roasted, 1 oz	3.1	168
Turnip greens, frozen, cooked, 1/2 cup	2.9	24
Tomato paste, 1/4 cup	2.8	54
Pine nuts, 1 oz	2.6	191
Peanut butter, 2 Tbsp	2.5	192
Tomato puree, 1/2 cup	2.5	48
Tomato sauce, 1/2 cup	2.5	39
Canola oil, 1 Tbsp	2.4	124
Wheat germ, toasted, plain, 2 Tbsp	2.3	54
Peanuts, 1 oz	2.2	166
Avocado, raw, 1/2 avocado	2.1	161
Carrot juice, canned, 3/4 cup	2.1	71
Peanut oil, 1 Tbsp	2.1	119
Corn oil, 1 Tbsp	1.9	120
Olive oil, 1 Tbsp	1.9	119
Spinach, cooked, 1/2 cup	1.9	21
Dandelion greens, cooked, 1/2 cup	1.8	18
Sardine, Atlantic, in oil, drained, 3 oz	1.7	177
Blue crab, cooked/canned, 3 oz	1.6	84
Brazil nuts, 1 oz	1.6	186
Herring, Atlantic, pickled, 3 oz	1.5	222

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Food Sources of **Iron**

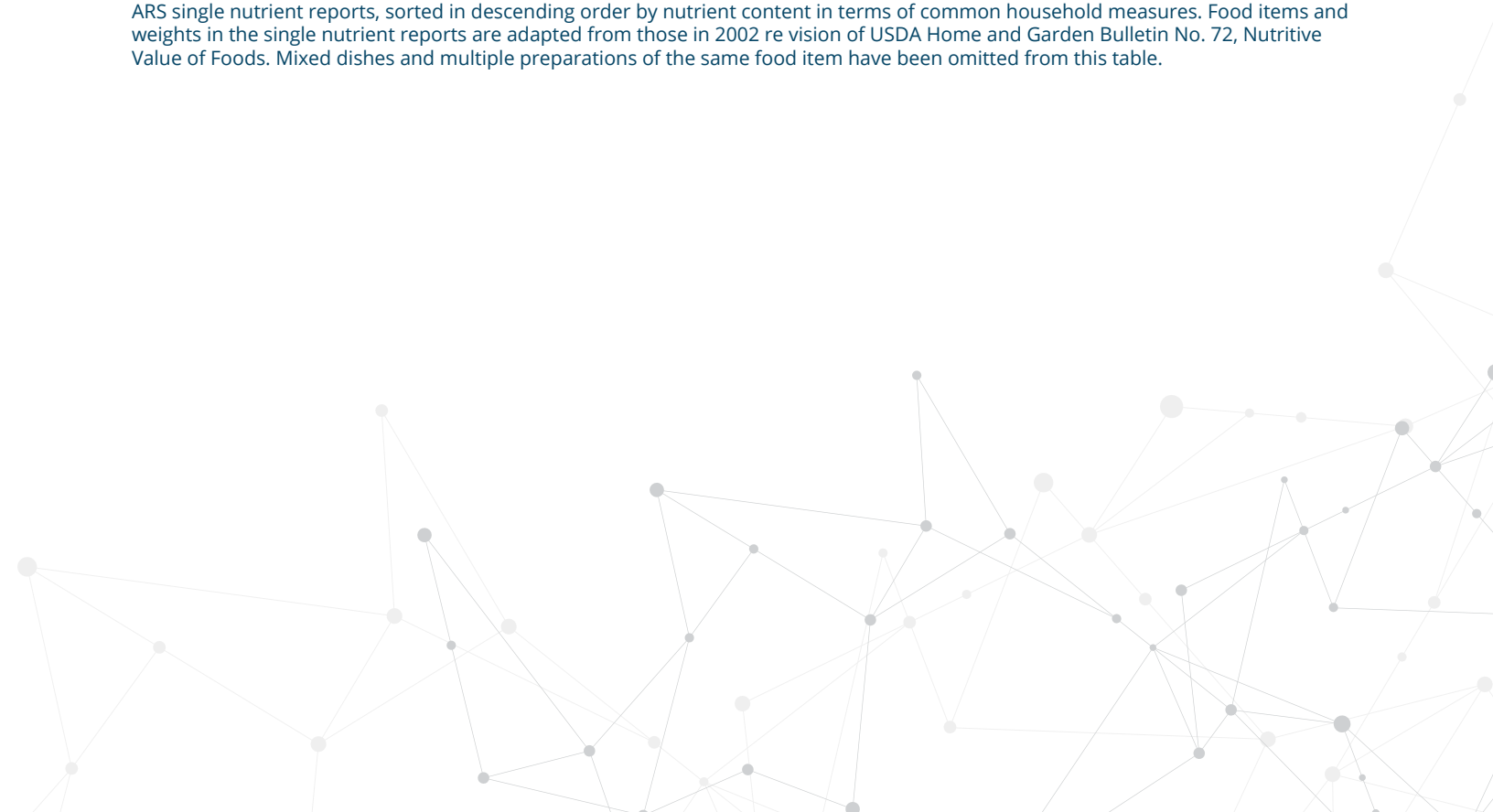
Food, Standard Amount	Iron (mg)	Calories
Clams, canned, drained, 3 oz	23.8	126
Fortified readytoeat cereals (various), ~1 oz	1.8-21.1	54-127
Oysters, eastern, wild, cooked, moist heat, 3 oz	10.2	116
Organ meats (liver, giblets), various, cooked, 3 oz	5.2-9.9	134-235
Fortified instant cooked cereals (various), 1 packet	4.9-8.1	Varies
Soybeans, mature, cooked, 1/2 cup	4.4	149
Pumpkin and squash seed kernels, roasted, 1 oz	4.2	148
White beans, canned, 1/2 cup	3.9	153
Blackstrap molasses, 1 Tbsp	3.5	47
Lentils, cooked, 1/2 cup	3.3	115
Spinach, cooked from fresh, 1/2 cup	3.2	21
Beef, chuck, blade roast, lean, cooked, 3 oz	3.1	215
Beef, bottom round, lean, 0" fat, all grades, cooked, 3 oz	2.8	182
Kidney beans, cooked, 1/2 cup	2.6	112
Sardines, canned in oil, drained, 3 oz	2.5	177
Beef, rib, lean, 1/4" fat, all grades, 3 oz	2.4	195
Chickpeas, cooked, 1/2 cup	2.4	134
Duck, meat only, roasted, 3 oz	2.3	171
Lamb, shoulder, arm, lean, 1/4" fat, choice, cooked, 3 oz	2.3	237
Prune juice, 3/4 cup	2.3	136
Shrimp, canned, 3 oz	2.3	102
Cowpeas, cooked, 1/2 cup	2.2	100
Ground beef, 15% fat, cooked, 3 oz	2.2	212
Tomato puree, 1/2 cup	2.2	48
Lima beans, cooked, 1/2 cup	2.2	108
Soybeans, green, cooked, 1/2 cup	2.2	127
Navy beans, cooked, 1/2 cup	2.1	127
Refried beans, 1/2 cup	2.1	118
Beef, top sirloin, lean, 0" fat, all grades, cooked, 3 oz	2.0	156
Tomato paste, 1/4 cup	2.0	54

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Non-Dairy Food Sources of Calcium

Food, Standard Amount	Calcium (mg)	Calories
Fortified ready-to-eat cereals (various), 1 oz	236-1043	88-106
Soy beverage, calcium fortified, 1 cup	368	98
Sardines, Atlantic, in oil, drained, 3 oz	325	177
Tofu, firm, prepared with nigarib, 1/2 cup	253	88
Pink salmon, canned, with bone, 3 oz	181	118
Collards, cooked from frozen, 1/2 cup	178	31
Molasses, blackstrap, 1 Tbsp	172	47
Spinach, cooked from frozen, 1/2 cup	146	30
Soybeans, green, cooked, 1/2 cup	130	127
Turnip greens, cooked from frozen, 1/2 cup	124	24
Ocean perch, Atlantic, cooked, 3 oz	116	103
Oatmeal, plain and flavored, instant, fortified, 1 packet prepared	99-110	97-157
Cowpeas, cooked, 1/2 cup	106	80
White beans, canned, 1/2 cup	96	153
Kale, cooked from frozen, 1/2 cup	90	20
Okra, cooked from frozen, 1/2 cup	88	26
Soybeans, mature, cooked, 1/2 cup	88	149
Blue crab, canned, 3 oz	86	84
Beet greens, cooked from fresh, 1/2 cup	82	19
Pakchoi, Chinese cabbage, cooked from fresh, 1/2 cup	79	10
Clams, canned, 3 oz	78	126
Dandelion greens, cooked from fresh, 1/2 cup	74	17
Rainbow trout, farmed, cooked, 3 oz	73	144

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Food Sources of Calcium

Food, Standard Amount	Calcium (mg)	Calories
Plain yogurt, non-fat (13 g protein/8 oz), 8-oz container	452	127
Romano cheese, 1.5 oz	452	165
Pasteurized process Swiss cheese, 2 oz	438	190
Plain yogurt, low-fat (12 g protein/8 oz), 8-oz container	415	143
Fruit yogurt, low-fat (10 g protein/8 oz), 8-oz container	345	232
Swiss cheese, 1.5 oz	336	162
Ricotta cheese, part skim, 1/2 cup	335	170
Pasteurized process American cheese food, 2 oz	323	188
Provolone cheese, 1.5 oz	321	150
Mozzarella cheese, part skim, 1.5 oz	311	129
Cheddar cheese, 1.5 oz	307	171
Fat-free (skim) milk, 1 cup	306	83
Muenster cheese, 1.5 oz	305	156
1% low-fat milk, 1 cup	290	102
Low-fat chocolate milk (1%), 1 cup	288	158
2% reduced fat milk, 1 cup	285	122
Reduced fat chocolate milk (2%), 1 cup	285	180
Buttermilk, low-fat, 1 cup	284	98
Chocolate milk, 1 cup	280	208
Whole milk, 1 cup	276	146
Yogurt, plain, whole milk (8 g protein/8 oz), 8-oz container	275	138
Ricotta cheese, whole milk, 1/2 cup	255	214
Blue cheese, 1.5 oz	225	150
Mozzarella cheese, whole milk, 1.5 oz	215	128
Feta cheese, 1.5 oz	210	113

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Food Sources of **Vitamin A**

Food, Standard Amount	Vitamin A (µg RAE)	Calories
Organ meats (liver, giblets), various, cooked, 3 oz	1490-9126	134-235
Carrot juice, 3 /4 cup	1692	71
Sweet potato with peel, baked, 1 medium	1096	103
Pumpkin, canned, 1/2 cup	953	42
Carrots, cooked from fresh, 1/2 cup	671	27
Spinach, cooked from frozen, 1/2 cup	573	30
Collards, cooked from frozen, 1/2 cup	489	31
Kale, cooked from frozen, 1/2 cup	478	20
Mixed vegetables, canned, 1/2 cup	474	40
Turnip greens, cooked from frozen, 1/2 cup	441	24
Instant cooked cereals, fortified, prepared, 1 packet	285-376	75-97
Various ready-to-eat cereals, with added vit. A, ~1 oz	180-376	100-117
Carrot, raw, 1 small	301	20
Beet greens, cooked, 1/2 cup	276	19
Winter squash, cooked, 1/2 cup	268	38
Dandelion greens, cooked, 1/2 cup	260	18
Cantaloupe, raw, 1/4 medium melon	233	46
Mustard greens, cooked, 1/2 cup	221	11
Pickled herring, 3 oz	219	222
Red sweet pepper, cooked, 1/2 cup	186	19
Chinese cabbage, cooked, 1/2 cup	180	10

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Food Sources of Magnesium

Food, Standard Amount	Magnesium (mg)	Calories
Pumpkin and squash seed kernels, roasted, 1 oz	151	148
Brazil nuts, 1 oz	107	186
Bran ready-to-eat cereal (100%), ~1 oz	103	74
Halibut, cooked, 3 oz	91	119
Quinoa, dry, 1/4 cup	89	159
Spinach, canned, 1/2 cup	81	25
Almonds, 1 oz	78	164
Spinach, cooked from fresh, 1/2 cup	78	20
Buckwheat flour, 1/4 cup	75	101
Cashews, dry roasted, 1 oz	74	163
Soybeans, mature, cooked, 1/2 cup	74	149
Pine nuts, dried, 1 oz	71	191
Mixed nuts, oil roasted, with peanuts, 1 oz	67	175
White beans, canned, 1/2 cup	67	154
Pollock, walleye, cooked, 3 oz	62	96
Black beans, cooked, 1/2 cup	60	114
Bulgur, dry, 1/4 cup	57	120
Oat bran, raw, 1/4 cup	55	58
Soybeans, green, cooked, 1/2 cup	54	127
Tuna, yellowfin, cooked, 3 oz	54	118
Artichokes (hearts), cooked, 1/2 cup	50	42
Peanuts, dry roasted, 1 oz	50	166
Lima beans, baby, cooked from frozen, 1/2 cup	50	95
Beet greens, cooked, 1/2 cup	49	19
Navy beans, cooked, 1/2 cup	48	127
Tofu, firm, prepared with nigaria, 1/2 cup	47	88
Okra, cooked from frozen, 1/2 cup	47	26
Soy beverage, 1 cup	47	127
Cowpeas, cooked, 1/2 cup	46	100
Beet greens, cooked, 1/2 cup	46	178
Oat bran muffin, 1 oz	45	77
Great northern beans, cooked, 1/2 cup	44	104
Oat bran, cooked, 1/2 cup	44	44
Buckwheat groats, roasted, cooked, 1/2 cup	43	78
Brown rice, cooked, 1/2 cup	42	108
Haddock, cooked, 3 oz	42	95

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Food Sources of **Dietary Fiber**

Food, Standard Amount	Dietary fiber (g)	Calories
Navy beans, cooked, 1/2 cup	9.5	128
Bran ready-to-eat cereal (100%), 1/2 cup	8.8	78
Kidney beans, canned, 1/2 cup	8.2	109
Split peas, cooked, 1/2 cup	8.1	116
Lentils, cooked, 1/2 cup	7.8	115
Black beans, cooked, 1/2 cup	7.5	114
Pinto beans, cooked, 1/2 cup	7.7	122
Lima beans, cooked, 1/2 cup	6.6	108
Artichoke, globe, cooked, 1 each	6.5	60
White beans, canned, 1/2 cup	6.3	154
Chickpeas, cooked, 1/2 cup	6.2	135
Great northern beans, cooked, 1/2 cup	6.2	105
Cowpeas, cooked, 1/2 cup	5.6	100
Soybeans, mature, cooked, 1/2 cup	5.2	149
Bran ready-to-eat cereals, various, ~1 oz	2.6–5.0	90–108
Crackers, rye wafers, plain, 2 wafers	5	74
Sweet potato, baked, with peel, 1 medium (146 g)	4.8	131
Asian pear, raw, 1 small	4.4	51
Green peas, cooked, 1/2 cup	4.4	67
Wholewheat English muffin, 1 each	4.4	134
Pear, raw, 1 small	4.3	81
Bulgur, cooked, 1/2 cup	4.1	76
Mixed vegetables, cooked, 1/2 cup	4	59
Raspberries, raw, 1/2 cup	4	32
Sweet potato, boiled, no peel, 1 medium (156 g)	3.9	119
Blackberries, raw, 1/2 cup	3.8	31
Potato, baked, with skin, 1 medium	3.8	161
Soybeans, green, cooked, 1/2 cup	3.8	127
Stewed prunes, 1/2 cup	3.8	133
Figs, dried, 1/4 cup	3.7	93
Dates, 1/4 cup	3.6	126
Oat bran, raw, 1/4 cup	3.6	58
Pumpkin, canned, 1/2 cup	3.6	42
Spinach, frozen, cooked, 1/2 cup	3.5	30
Shredded wheat ready-to-eat cereals, various, ~1 oz	2.8–3.4	96
Almonds, 1 oz	3.3	164
Apple with skin, raw, 1 medium	3.3	72
Brussels sprouts, frozen, cooked, 1/2 cup	3.2	33
Whole-wheat spaghetti, cooked, 1/2 cup	3.1	87

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Food Sources of **Dietary Fiber (Continued)**

Food, Standard Amount	Dietary Fiber (g)	Calories
Banana, 1 medium	3.1	105
Orange, raw, 1 medium	3.1	62
Oat bran muffin, 1 small	3	178
Guava, 1 medium	3	37
Pearled barley, cooked, 1/2 cup	3	97
Sauerkraut, canned, solids, and liquids, 1/2 cup	3	23
Tomato paste, 1/4 cup	2.9	54
Winter squash, cooked, 1/2 cup	2.9	38
Broccoli, cooked, 1/2 cup	2.8	26
Parsnips, cooked, chopped, 1/2 cup	2.8	55
Turnip greens, cooked, 1/2 cup	2.5	15
Collards, cooked, 1/2 cup	2.7	25
Okra, frozen, cooked, 1/2 cup	2.6	26
Peas, edible-podded, cooked, 1/2 cup	2.5	42

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Food Sources of **Vitamin C**

Food, Standard Amount	Vitamin C (mg)	Calories
Guava, raw, 1/2 cup	188	56
Red sweet pepper, raw, 1/2 cup	142	20
Red sweet pepper, cooked, 1/2 cup	116	19
Kiwi fruit, 1 medium	70	46
Orange, raw, 1 medium	70	62
Orange juice, 3/4 cup	61–93	79–84
Green pepper, sweet, raw, 1/2 cup	60	15
Green pepper, sweet, cooked, 1/2 cup	51	19
Grapefruit juice, 3/4 cup	50–70	71–86
Vegetable juice cocktail, 3/4 cup	50	34
Strawberries, raw, 1/2 cup	49	27
Brussels sprouts, cooked, 1/2 cup	48	28
Cantaloupe, 1/4 medium	47	51
Papaya, raw, 1/4 medium	47	30
Kohlrabi, cooked, 1/2 cup	45	24
Broccoli, raw, 1/2 cup	39	15
Edible pod peas, cooked, 1/2 cup	38	34
Broccoli, cooked, 1/2 cup	37	26
Sweet potato, canned, 1/2 cup	34	116
Tomato juice, 3/4 cup	33	31
Cauliflower, cooked, 1/2 cup	28	17
Pineapple, raw, 1/2 cup	28	37
Kale, cooked, 1/2 cup	27	18
Mango, 1/2 cup	23	54

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