

The Nutrition Top Ten

Here's a handy chart to fill you in on the richest food sources of vitamins C, A, and E, folic acid, iron, calcium, and fiber. This chart lists the top ten foods for each item. The RDA (recommended dietary allowance) figures show you the minimum to aim for daily.

VITAMIN C RDA: 60 MILLIGRAMS		VITAMIN A RDA: 4,000-5,000 INTERNATIONAL UNITS		VITAMIN E RDA: 30 INTERNATIONAL UNITS	
	MG		IU		IU
Red bell peppers , raw, chopped, 1 cup	283.0	Sweet potatoes , boiled, mashed, 1 cup	55,937.1	Wheat germ oil , 1 tbs	39.0
Green bell peppers , raw, chopped, 1 cup	133.0	Pumpkin , canned, without salt, 1 cup	54,037.2	Sunflower seeds , dry-roasted, without salt, 1 oz	21.0
Brussels sprouts , raw, 6	96.0	Carrots , raw, chopped 1 cup	36,005.1	Wheat germ , toasted, 1/4 cup	5.1
Strawberries , halves, 1 cup	86.2	Butternut squash , 1 whole	14,352.1	Peanut butter , 2 tbs	4.8
Broccoli , raw, chopped, 1 cup	82.0	Apricots , dried, 1 cup stewed halves	10,973.4	Palm oil , 1 tbs	4.5
Oranges , 1 medium	69.7	Red bell peppers , raw, chopped, 1 cup	8,493.0	Almonds , 10	4.3
Kiwifruit , no skin, 1 medium	57.0	Cantaloupe , diced, 1 cup	5,029.4	Butter , with salt, 1 pat	1.2
Red cabbage , raw, chopped 1 cup	50.7	Red chile peppers , raw, 1	4,837.5	Margarine , without salt, 1 tsp	0.9
Edible-pod peas , raw, 10 pods	20.4	Spinach , raw, 1 cup	2,014.5	Peanuts , dry-roasted, without salt, 10	0.8
Parsley , 5 sprigs	6.7	Broccoli , chopped, 1 cup	1,357.0	Asparagus , cooked, 8 medium spears	0.5
FOLIC ACID RDA: 400 MICROGRAMS*		CALCIUM RDA: 1,000 MILLIGRAMS**		IRON RDA: 10-15 MILLIGRAMS	
	MCG		MG		MG
Lentils , cooked, 1 cup	358.0	Mozzarella cheese , part skim, 1 cup	965.3	Oysters , 10	26.0
Pinto beans , cooked, 1 cup	294.0	Tofu, firm , 1/4 block	553.2	Clams , 10	20.0
Wheat germ , toasted, 1/4 cup	99.5	Plain low-fat yogurt, 1 cup	447.4	Chicken liver , 1 cup	11.9
Green peas , raw, 1 cup	94.3	Salmon , canned, with bones, 6 oz	407.0	Tofu, firm , 1/4 block	8.5
Spinach , raw, 1 cup	58.3	Ricotta cheese , part skim, 1/2 cup	337.3	Lean beef , tenderloin, 8 oz	6.3
Fortified breakfast cereal , 1 cup	44.0	Skim milk , 1 cup	302.3	Apricots , dried, 1 cup stewed halves	4.2
Romaine lettuce , shredded, 1/2 cup	38.0	Orange juice , with added calcium, 1 cup	300.0	Cashews , dry-roasted, without salt, 1/2 cup	4.1
Peanut butter , 2 tbs	23.7	Parmesan cheese , 1 tbs	68.8	Fortified breakfast cereal , 1 cup	3.8
Peanuts , dry-roasted, without salt, 10	14.5	Collard greens , raw, 1 cup	52.0	Spinach , raw, 1 cup	0.8
Hummus (garbanzo puree), 1 tbs	11.6	Almonds , 10	29.8	Parsley , 5 sprigs	0.3
FIBER SUGGESTED DAILY TOTAL: 25-30 GRAMS		TOP TEN MOST NUTRITIOUS VEGETABLES		*600 mcg for pregnant women **1,500 mg for women after menopause	
	GRAMS			Some fortified breakfast cereals designed to provide most or all of the rdas have been omitted from this ranking.	
High-fiber breakfast cereal , 3/4 cup	15.3	Broccoli		Sources: U.S. Department of Agriculture Handbook 8. Food composition data from the Food and Nutrition Information Center, National Agricultural Library, Agricultural Research Service—Web site: www.nalusda.gov/fnic.	
Pinto beans , cooked, 1 cup	14.7	Spinach		Food and Nutrition Board, National Academy of Sciences—National Research Council Recommended Dietary Allowances, revised 1989.	
Granola , 1 cup	12.8	Brussels sprouts			
Bran flakes , 3/4 cup	4.6	Lima beans			
Wheat germ , toasted, 1/4 cup	3.6	Peas			
Mixed nuts , dry-roasted, without salt, 1 oz	2.6	Asparagus			
Whole wheat bread , 1 slice	1.9	Artichokes			
Rye crisp cracker , 1	1.7	Cauliflower			
Wheat bran bread , 1 slice	1.4	Sweet potatoes			
Popcorn, air-popped , 1 cup	1.2	Carrots			