

APPENDIX B. FOOD SOURCES OF SELECTED NUTRIENTS

Appendix B-1. Food Sources of Potassium

Food Sources of Potassium ranked by milligrams of potassium per standard amount, also showing calories in the standard amount.

(The AI for adults is 4,700 mg/day 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, non-fat, 8-oz container	579	127
Tomato puree, 1/2 cup	549	48
Clams, canned, 3 oz	534	126
Yogurt, plain, low-fat, 8-oz 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, non-fat, 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, low-fat, 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

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Appendix B-2. Food Sources of Vitamin E

Food Sources of Vitamin E ranked by milligrams of vitamin E per standard amount; also calories in the standard amount.

(All provide $\geq 10\%$ of RDA for vitamin E for adults, which is 15 mg α -tocopherol [AT]/day.)

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

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Appendix B-3. Food Sources of Iron

Food Sources of Iron ranked by milligrams of iron per standard amount; also calories in the standard amount.

(All are ≥ 10% of RDA for teen and adult females, which is 18 mg/day.)

Food, Standard Amount	Iron (mg)	Calories
Clams, canned, drained, 3 oz	23.8	126
Fortified ready-to-eat 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 ^a	5.2–9.9	134–235
Fortified instant cooked cereals (various), 1 packet	4.9–8.1	Varies
Soybeans, mature, cooked, ½ cup	4.4	149
Pumpkin and squash seed kernels, roasted, 1 oz	4.2	148
White beans, canned, ½ cup	3.9	153
Blackstrap molasses, 1 Tbsp	3.5	47
Lentils, cooked, ½ cup	3.3	115
Spinach, cooked from fresh, ½ 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, ½ cup	2.6	112
Sardines, canned in oil, drained, 3 oz	2.5	177
Beef, rib, lean, ¼" fat, all grades, 3 oz	2.4	195
Chickpeas, cooked, ½ cup	2.4	134
Duck, meat only, roasted, 3 oz	2.3	171
Lamb, shoulder, arm, lean, ¼" fat, choice, cooked, 3 oz	2.3	237
Prune juice, ¾ cup	2.3	136
Shrimp, canned, 3 oz	2.3	102
Cowpeas, cooked, ½ cup	2.2	100
Ground beef, 15% fat, cooked, 3 oz	2.2	212
Tomato puree, ½ cup	2.2	48
Lima beans, cooked, ½ cup	2.2	108
Soybeans, green, cooked, ½ cup	2.2	127
Navy beans, cooked, ½ cup	2.1	127
Refried beans, ½ cup	2.1	118
Beef, top sirloin, lean, 0" fat, all grades, cooked, 3 oz	2.0	156
Tomato paste, ¼ cup	2.0	54

^a High in cholesterol.

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Appendix B-4. Non-Dairy Food Sources of Calcium

Non-Dairy Food Sources of Calcium ranked by milligrams of calcium per standard amount; also calories in the standard amount. The bioavailability may vary. (The AI for adults is 1,000 mg/day.)^a

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 nigari ^b , ½ cup	253	88
Pink salmon, canned, with bone, 3 oz	181	118
Collards, cooked from frozen, ½ cup	178	31
Molasses, blackstrap, 1 Tbsp	172	47
Spinach, cooked from frozen, ½ cup	146	30
Soybeans, green, cooked, ½ cup	130	127
Turnip greens, cooked from frozen, ½ 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, ½ cup	106	80
White beans, canned, ½ cup	96	153
Kale, cooked from frozen, ½ cup	90	20
Okra, cooked from frozen, ½ cup	88	26
Soybeans, mature, cooked, ½ cup	88	149
Blue crab, canned, 3 oz	86	84
Beet greens, cooked from fresh, ½ cup	82	19
Pak-choi, Chinese cabbage, cooked from fresh, ½ cup	79	10
Clams, canned, 3 oz	78	126
Dandelion greens, cooked from fresh, ½ cup	74	17
Rainbow trout, farmed, cooked, 3 oz	73	144

^a Both calcium content and bioavailability should be considered when selecting dietary sources of calcium. Some plant foods have calcium that is well absorbed, but the large quantity of plant foods that would be needed to provide as much calcium as in a glass of milk may be unachievable for many. Many other calcium-fortified foods are available, but the percentage of calcium that can be absorbed is unavailable for many of them.

^b Calcium sulfate and magnesium chloride.

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Appendix B-5. Food Sources of Calcium

Food Sources of Calcium ranked by milligrams of calcium per standard amount; also calories in the standard amount.

(All are $\geq 20\%$ of AI for adults 19-50, which is 1,000 mg/day.)

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, $\frac{1}{2}$ 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, $\frac{1}{2}$ 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

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Appendix B-6. Food Sources of Vitamin A

Food Sources of Vitamin A ranked by micrograms Retinol Activity Equivalents (RAE) of vitamin A per standard amount; also calories in the standard amount. (All are $\geq 20\%$ of RDA for adult men, which is 900 mg/day RAE.)

Food, Standard Amount	Vitamin A (μg RAE)	Calories
Organ meats (liver, giblets), various, cooked, 3 oz ^a	1490–9126	134–235
Carrot juice, $\frac{3}{4}$ cup	1692	71
Sweetpotato with peel, baked, 1 medium	1096	103
Pumpkin, canned, $\frac{1}{2}$ cup	953	42
Carrots, cooked from fresh, $\frac{1}{2}$ cup	671	27
Spinach, cooked from frozen, $\frac{1}{2}$ cup	573	30
Collards, cooked from frozen, $\frac{1}{2}$ cup	489	31
Kale, cooked from frozen, $\frac{1}{2}$ cup	478	20
Mixed vegetables, canned, $\frac{1}{2}$ cup	474	40
Turnip greens, cooked from frozen, $\frac{1}{2}$ 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, $\frac{1}{2}$ cup	276	19
Winter squash, cooked, $\frac{1}{2}$ cup	268	38
Dandelion greens, cooked, $\frac{1}{2}$ cup	260	18
Cantaloupe, raw, $\frac{1}{4}$ medium melon	233	46
Mustard greens, cooked, $\frac{1}{2}$ cup	221	11
Pickled herring, 3 oz	219	222
Red sweet pepper, cooked, $\frac{1}{2}$ cup	186	19
Chinese cabbage, cooked, $\frac{1}{2}$ cup	180	10

^a High in cholesterol.

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Appendix B-7. Food Sources of Magnesium

Food Sources of Magnesium ranked by milligrams of magnesium per standard amount; also calories in the standard amount.

(All are ≥ 10% of RDA for adult men, which is 420 mg/day.)

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 nigari ^a , 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
Hazelnuts, 1 oz	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

^a Calcium sulfate and magnesium chloride.

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.

Appendix B-8. Food Sources of Dietary Fiber

Food Sources of Dietary Fiber ranked by grams of dietary fiber per standard amount; also calories in the standard amount.

(All are $\geq 10\%$ of AI for adult women, which is 25 grams/day.)

Food, Standard Amount	Dietary Fiber (g)	Calories
Navy beans, cooked, $\frac{1}{2}$ cup	9.5	128
Bran ready-to-eat cereal (100%), $\frac{1}{2}$ cup	8.8	78
Kidney beans, canned, $\frac{1}{2}$ cup	8.2	109
Split peas, cooked, $\frac{1}{2}$ cup	8.1	116
Lentils, cooked, $\frac{1}{2}$ cup	7.8	115
Black beans, cooked, $\frac{1}{2}$ cup	7.5	114
Pinto beans, cooked, $\frac{1}{2}$ cup	7.7	122
Lima beans, cooked, $\frac{1}{2}$ cup	6.6	108
Artichoke, globe, cooked, 1 each	6.5	60
White beans, canned, $\frac{1}{2}$ cup	6.3	154
Chickpeas, cooked, $\frac{1}{2}$ cup	6.2	135
Great northern beans, cooked, $\frac{1}{2}$ cup	6.2	105
Cowpeas, cooked, $\frac{1}{2}$ cup	5.6	100
Soybeans, mature, cooked, $\frac{1}{2}$ cup	5.2	149
Bran ready-to-eat cereals, various, ~ 1 oz	2.6–5.0	90–108
Crackers, rye wafers, plain, 2 wafers	5.0	74
Sweetpotato, baked, with peel, 1 medium (146 g)	4.8	131
Asian pear, raw, 1 small	4.4	51
Green peas, cooked, $\frac{1}{2}$ cup	4.4	67
Whole-wheat English muffin, 1 each	4.4	134
Pear, raw, 1 small	4.3	81
Bulgur, cooked, $\frac{1}{2}$ cup	4.1	76
Mixed vegetables, cooked, $\frac{1}{2}$ cup	4.0	59
Raspberries, raw, $\frac{1}{2}$ cup	4.0	32
Sweetpotato, boiled, no peel, 1 medium (156 g)	3.9	119
Blackberries, raw, $\frac{1}{2}$ cup	3.8	31
Potato, baked, with skin, 1 medium	3.8	161
Soybeans, green, cooked, $\frac{1}{2}$ cup	3.8	127
Stewed prunes, $\frac{1}{2}$ cup	3.8	133
Figs, dried, $\frac{1}{4}$ cup	3.7	93
Dates, $\frac{1}{4}$ cup	3.6	126
Oat bran, raw, $\frac{1}{4}$ cup	3.6	58
Pumpkin, canned, $\frac{1}{2}$ cup	3.6	42
Spinach, frozen, cooked, $\frac{1}{2}$ 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, $\frac{1}{2}$ cup	3.2	33
Whole-wheat spaghetti, cooked, $\frac{1}{2}$ cup	3.1	87

Appendix B-8: 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	3.0	178
Guava, 1 medium	3.0	37
Pearled barley, cooked, ½ cup	3.0	97
Sauerkraut, canned, solids, and liquids, ½ cup	3.0	23
Tomato paste, ¼ cup	2.9	54
Winter squash, cooked, ½ cup	2.9	38
Broccoli, cooked, ½ cup	2.8	26
Parsnips, cooked, chopped, ½ cup	2.8	55
Turnip greens, cooked, ½ cup	2.5	15
Collards, cooked, ½ cup	2.7	25
Okra, frozen, cooked, ½ cup	2.6	26
Peas, edible-podded, cooked, ½ cup	2.5	42

Source: ARS Nutrient Database for Standard Reference, Release 17. Foods are from single nutrient reports, which are sorted either by food description or in descending order by nutrient content in terms of common household measures. The food items and weights in these reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted.

Appendix B-9. Food Sources of Vitamin C

Food Sources of Vitamin C ranked by milligrams of vitamin C per standard amount; also calories in the standard amount.

(All provide ≥20% of RDA for adult men, which is 90 mg/day.)

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
Sweetpotato, 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

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.