

## 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.)

<b>Food, Standard Amount</b>	<b>Calcium (mg)</b>	<b>Calories</b>
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, ½ 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, ½ 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 <sup>a</sup>	1490-9126	134-235
Carrot juice, ¾ cup	1692	71
Sweetpotato with peel, baked, 1 medium	1096	103
Pumpkin, canned, ½ cup	953	42
Carrots, cooked from fresh, ½ cup	671	27
Spinach, cooked from frozen, ½ cup	573	30
Collards, cooked from frozen, ½ cup	489	31
Kale, cooked from frozen, ½ cup	478	20
Mixed vegetables, canned, ½ cup	474	40
Turnip greens, cooked from frozen, ½ 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, ½ cup	276	19
Winter squash, cooked, ½ cup	268	38
Dandelion greens, cooked, ½ cup	260	18

Cantaloupe, raw, ¼ medium melon	233	46
Mustard greens, cooked, ½ cup	221	11
Pickled herring, 3 oz	219	222
Red sweet pepper, cooked, ½ cup	186	19
Chinese cabbage, cooked, ½ cup	180	10

<sup>a</sup> 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.)

<b>Food, Standard Amount</b>	<b>Magnesium (mg)</b>	<b>Calories</b>
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, ¼ cup	89	159
Spinach, canned, ½ cup	81	25
Almonds, 1 oz	78	164
Spinach, cooked from fresh, ½ cup	78	20
Buckwheat flour, ¼ cup	75	101
Cashews, dry roasted, 1 oz	74	163
Soybeans, mature, cooked, ½ cup	74	149
Pine nuts, dried, 1 oz	71	191
Mixed nuts, oil roasted, with peanuts, 1 oz	67	175
White beans, canned, ½ cup	67	154
Pollock, walleye, cooked, 3 oz	62	96

Black beans, cooked, ½ cup	60	114
Bulgur, dry, ¼ cup	57	120
Oat bran, raw, ¼ cup	55	58
Soybeans, green, cooked, ½ cup	54	127
Tuna, yellowfin, cooked, 3 oz	54	118
Artichokes (hearts), cooked, ½ cup	50	42
Peanuts, dry roasted, 1 oz	50	166
Lima beans, baby, cooked from frozen, ½ cup	50	95
Beet greens, cooked, ½ cup	49	19
Navy beans, cooked, ½ cup	48	127
Tofu, firm, prepared with nigari <sup>a</sup> , ½ cup	47	88
Okra, cooked from frozen, ½ cup	47	26
Soy beverage, 1 cup	47	127
Cowpeas, cooked, ½ cup	46	100
Hazelnuts, 1 oz	46	178
Oat bran muffin, 1 oz	45	77
Great northern beans, cooked, ½ cup	44	104
Oat bran, cooked, ½ cup	44	44
Buckwheat groats, roasted, cooked, ½ cup	43	78
Brown rice, cooked, ½ cup	42	108
Haddock, cooked, 3 oz	42	95

<sup>a</sup> 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.)

<b>Food, Standard Amount</b>	<b>Dietary Fiber (g)</b>	<b>Calories</b>
Navy beans, cooked, ½ cup	9.5	128
Bran ready-to-eat cereal (100%), ½ cup	8.8	78
Kidney beans, canned, ½ cup	8.2	109
Split peas, cooked, ½ cup	8.1	116
Lentils, cooked, ½ cup	7.8	115
Black beans, cooked, ½ cup	7.5	114
Pinto beans, cooked, ½ cup	7.7	122
Lima beans, cooked, ½ cup	6.6	108
Artichoke, globe, cooked, 1 each	6.5	60
White beans, canned, ½ cup	6.3	154
Chickpeas, cooked, ½ cup	6.2	135
Great northern beans, cooked, ½ cup	6.2	105
Cowpeas, cooked, ½ cup	5.6	100
Soybeans, mature, cooked, ½ 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, ½ cup	4.4	67
Whole-wheat English muffin, 1 each	4.4	134
Pear, raw, 1 small	4.3	81
Bulgur, cooked, ½ cup	4.1	76
Mixed vegetables, cooked, ½ cup	4.0	59
Raspberries, raw, ½ cup	4.0	32
Sweetpotato, boiled, no peel, 1 medium (156 g)	3.9	119
Blackberries, raw, ½ cup	3.8	31
Potato, baked, with skin, 1 medium	3.8	161
Soybeans, green, cooked, ½ cup	3.8	127

Stewed prunes, ½ cup	3.8	133
Figs, dried, ¼ cup	3.7	93
Dates, ¼ cup	3.6	126
Oat bran, raw, ¼ cup	3.6	58
Pumpkin, canned, ½ cup	3.6	42
Spinach, frozen, cooked, ½ 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, ½ cup	3.2	33
Whole-wheat spaghetti, cooked, ½ cup	3.1	87
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  $\geq 20\%$  of RDA for adult men, which is 90 mg/day.)

<b>Food, Standard Amount</b>	<b>Vitamin C (mg)</b>	<b>Calories</b>
Guava, raw, ½ cup	188	56
Red sweet pepper, raw, ½cup	142	20
Red sweet pepper, cooked, ½ cup	116	19
Kiwi fruit, 1 medium	70	46
Orange, raw, 1 medium	70	62
Orange juice, ¾ cup	61-93	79-84
Green pepper, sweet, raw, ½ cup	60	15
Green pepper, sweet, cooked, ½ cup	51	19
Grapefruit juice, ¾ cup	50-70	71-86
Vegetable juice cocktail, ¾ cup	50	34
Strawberries, raw, ½ cup	49	27
Brussels sprouts, cooked, ½ cup	48	28
Cantaloupe, ¼ medium	47	51
Papaya, raw, ¼ medium	47	30
Kohlrabi, cooked, ½ cup	45	24
Broccoli, raw, ½ cup	39	15
Edible pod peas, cooked, ½ cup	38	34
Broccoli, cooked, ½ cup	37	26
Sweetpotato, canned, ½ cup	34	116
Tomato juice, ¾ cup	33	31
Cauliflower, cooked, ½ cup	28	17
Pineapple, raw, ½ cup	28	37
Kale, cooked, ½ cup	27	18
Mango, ½ 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.