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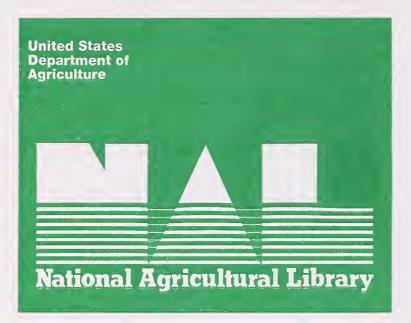
Human Nutrition Information Service

Nutrition Monitoring Division

Administrative Report No. 371

GOOD SOURCES OF NUTRIENTS

2



CONTENTS

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	Page
INTRODUCTION	1
METHODOLOGY	1
Criteria for Selection of Good Sources Nutrient Data Base Computations Description of Selected Foods Selected Serving Size	1 3 4 6 6
TABLES OF GOOD SOURCES OF NUTRIENTS	7
Vitamin A Vitamin E Vitamin C Thiamin Riboflavin Niacin Vitamin B-6 Folate Vitamin B-12 Calcium Phosphorus Magnesium Iron Zinc Copper Potassium Dietary Fiber	8 10 12 15 17 19 21 23 25 27 29 32 34 36 38 40 44
REFERENCES	46

INTRODUCTION In this report, a good source of a nutrient is considered to be a food that contains a substantial amount of the nutrient compared to its caloric content. This report includes lists of good sources of 16 vitamins and minerals--vitamin A, vitamin E, vitamin C, thiamin, riboflavin, niacin, vitamin B-6, folate, vitamin B-12, calcium, phosphorus, magnesium, iron, zinc, copper, and potassium--plus dietary fiber. It provides a current and easy-to-use reference for nutrition and health professionals and educators to use when assessing the nutritional quality of foods and developing dietary guidance materials for consumers. HNIS will use the lists to develop a series of fact sheets for use by consumers to help them improve the nutritional quality of their diets.

The lists in this report were prepared using the USDA nutrient data base developed for the 1987-1988 individual food intake segment of the Nationwide Food Consumption Survey (NFCS) $(\underline{1})$ supplemented by additional nutrient data as noted.

METHODOLOGY Criteria for Selection of Good Sources--In this report, a food was classified as a good source of a nutrient based on (1) the amount of the nutrient in a selected serving size or a unit of measure that was considered easy for the consumer to use, (2) the Index of Nutritional Quality (INQ), (3) the frequency of consumption of the food, and (4) the principles of the Dietary Guidelines for Americans. A food had to meet the criteria for the amount of the nutrient per selected serving size and the INQ before the other criteria were applied.

To meet the criteria for amount of nutrient in a selected serving size, a food had to provide at least 10 percent of the U.S. Recommended Daily Allowance (U.S. RDA)² for that nutrient. Vitamin A, vitamin E, vitamin C, thiamin, riboflavin, niacin,

²U.S. RDA are the amounts of vitamins and minerals used as standards in nutrition labeling of foods (<u>2</u>). These allowances are derived from the Recommended Dietary Allowances (RDA) set by the Food and Nutrition Board of the National Research Council, National Academy of Sciences.

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vitamin B-6, folate, vitamin B-12, calcium, phosphorus, magnesium, iron, zinc, and copper have U.S. RDA. Federal regulations stipulate that a food cannot be claimed as a significant source of a nutrient unless it contains 10 percent or more of the U.S. RDA per serving (<u>3</u>). Potassium and dietary fiber do not have U.S. RDA. Good sources of potassium were defined as containing at least 200 milligrams of potassium in a

selected serving size. This approximates 10 percent of the lower level of the Estimated Safe and Adequate Daily Dietary Intakes range for potassium for adults. One organization, the National Cancer Institute, recommends 20 to 30 grams of fiber per day (4). The average daily intake for women was reported to be 12.3 grams (5) and for men, 17.5 grams in the 1985 Continuing Survey of Food Intakes by Individuals (CSFII) (6). Therefore, to help people plan diets to contain adequate fiber, information on food sources that provide a minimum of 2 grams of fiber per selected serving size is included.

The Index of Nutritional Quality (INQ) is a measure of the nutrient density of a food in relation to the nutrient needs of individuals (7). The Index is based on the amount of nutrient per 1,000 kilocalories. Recommended Dietary Allowances (RDA) were used in calculating the INQ. Since copper does not have an RDA, the lower level of the range of Estimated Safe and Adequate Daily Dietary Intakes was used in place of the RDA in determining the INQ for copper. Each of the foods classified as a good source of a nutrient has an INQ of at least 1.0 for the nutrient.

Only foods reported by respondents in the 1985 CSFII were considered to avoid including foods that are seldom eaten on the lists of good sources of nutrients. The survey included 1,503 women 19 to 50 years of age and their children 1 to 5 years old in the 48 conterminous states. Dietary intake data were obtained for up to 6 days spread over the

³RDA are recommendations of the Food and Nutrition Board of the National Research Council of the National Academy of Sciences. RDA are the average daily amount of nutrients that population groups (defined by age and sex) should consume over a period of time. They exceed the requirements of most individuals in order to ensure a level that meets the needs of nearly all people in the population.

year for each respondent $(\underline{8})$. All foods on the good sources lists were reported as eaten at least once by respondents. However, baby foods and formulas were not included in the lists because of their specialized use. Food mixtures representing more than one food group are not included in

the tables because recipes for mixtures may vary greatly in the kind and amount of ingredients they contain. Also, one food in the mixture that contributes all or most of a nutrient would already be listed as a good source of that nutrient. Frozen meals were not included because they represent foods from several food groups either as mixtures or several different food items.

The lists of good sources of nutrients are intended to provide information that will help people select a diet that provides adequate amounts of vitamins, minerals, and fiber. Meeting nutritional needs is the reason that the Dietary Guidelines for Americans (9) make the recommendation to "Eat a Variety of Foods" from each of the major food groups. These groups include breads, cereals and other grain products; fruits; vegetables; meat, poultry, fish, eggs, dry beans, and peas; and milk, cheese, and yogurt. Foods from these major food groups were included in the lists. The Guidelines also recommend avoiding too much fat, saturated fat, cholesterol, sugar, and sodium. Therefore, foods classified in the fats, sweets, and alcoholic beverages group were not included. For more information on the food group system see "Nutrition and Your Health: Dietary Guidelines for Americans: Eat a Variety of Foods," Home and Garden Bulletin Number 232-1.

Nutrient Data Base--Food items in the USDA Nutrient Data Base for Individual Food Intake Surveys for use with the 1987-88 NFCS (1) were examined to identify good sources of 16 vitamins and minerals and dietary fiber. This data base includes values for food energy and 27 nutrients and other dietary components. The sources of these values are the USDA Nutrient Data Base for Standard Reference and the USDA Nutrient Data Bank. Most of the values are based on laboratory analyses. Nutrient values not available from laboratory analyses were imputed from data for other forms of the food or similar foods by experts on food composition in HNIS's Nutrient Data Research Branch. Agriculture Handbook No. 8-16 (10) was used to determine calcium content of tofu prepared with calcium sulfate. <u>Computations</u>--The following computations were made to determine the percentage of the U.S. RDA for a nutrient in a selected serving size of food and the INQ for a nutrient in a food:

o The percentage of the U.S. RDA was calculated by the following formula: The amount of nutrient per gram was multiplied by the selected serving size in grams and then divided by the U.S. RDA for that nutrient (Table 1). The result was multiplied by 100 to get the percentage of the U.S. RDA.

Percentage	Amount of nutrient per gram	Х	Selected size	serving (grams)	v	100
U.S. RDA		U.S.	RDA		- ^	100

o The INQ for each nutrient was calculated by the following formula: The amount of nutrient per 1,000 kilocalories (nutrient density) was divided by the single-value nutrient allowance per 1,000 kilocalories (Table 1) developed by Hansen and Wyse (<u>11</u>).

> Amount of nutrient per 1,000 kilocalories

Nutrient	Single v nutrient al per 1,000 k	alue lowances ilocalories ¹	U.S. RD	A (<u>2</u>)
Vitamin A	400	RE	² 1,000	RE
Vitamin E	4	mg	² 10	mg
Vitamin C	30	mg	60	mg
Thiamin	0.5	mg	1.5	mg
Riboflavin	0.6	mg	1.7	mg
Niacin	7	mg	20	mg
Vitamin B-6	1.0	mg	2.0	mg
Folate	200	mc g	400	mcg
Vitamin B-12	1.5	mcg	6	mc g
Calcium	450	mg	1,000	mg
Phosphorus	450	mg	1,000	mg
Magnesium	150	mg	400	mg
Iron	8	mg	18	mg
Zinc	8	mg	15	mg
Copper	1	mg	2	mg

Table 1. Nutrient Values Used in the Calculation of Good Sources of Nutrients

¹ The single-value nutrient allowance of a nutrient is calculated by dividing the RDA for each sex-age group by the midpoint in the group's kilocalorie allowance and multiplying by 1,000; then choosing the allowance for the group whose nutrient-to-calorie needs are the greatest (<u>11</u>).

² The unit of measurement was changed from International Units to Retinol Equivalents for vitamin A and to milligrams for vitamin E.

Description of Selected Foods--The following descriptions apply to the foods in Tables 2 through 18:

- o Cooked vegetables have no added fat.
- o Method of cooking is given for prepared meats if the method was specified in the data base.
- o "Lean only" means meat or poultry without fat or skin.
- Canned fruits are packed in juice and a serving contains some liquid.
- o Frozen fruits are unsweetened.
- Fruit juices--fresh, canned, or reconstituted from frozen--are unsweetened except for cranberry juice cocktail, which contains some added sugar.
- o Fortified ready-to-eat breakfast cereals and instant hot cereals are described as "fortified."
- o In the tables for thiamin, riboflavin, niacin, and iron, all breads, cereals, and grain products are enriched unless otherwise noted. (Some cereals such as farina and corn grits have a Federal Standard of Identity. These standards do not mandate enrichment but require that products labeled "enriched" meet specified nutrient levels (12). White flour and cornmeal are generally enriched; thus, commercially prepared products made with these ingredients can also be described as "enriched.")

<u>Selected Serving Sizes</u>--The selected serving sizes of foods listed in the tables are estimates of the weight in grams of a serving of edible food. The weights per serving for the foods were based on laboratory studies of weight-volume relationships and of yields of prepared food.

Weights for the same food prepared in several different ways are not the same. For example, a 1/2-cup serving of raw broccoli weighed 44 grams and a 1/2-cup serving of cooked broccoli weighed 92 grams. The amount of a nutrient in a selected serving was dependent on the weight of a serving of prepared food; therefore, cooked broccoli is shown as a good source of vitamin A by our definition while raw broccoli is not. (See page 8.) The weight of a serving of cooked meat or poultry served by the piece varied slightly from the 3-ounce size used for most meat. For example, a chicken leg weighed about 3-1/2 ounces, a chicken breast half about 3 ounces, and a pork chop about 2-1/2 ounces. Half of a Cornish hen weighed about 4-3/8 ounces. Ground meat patties are commonly made from 4 ounces of raw meat; therefore, a cooked patty varies in weight according to the amount of loss in weight during cooking. In this study, the extra lean meat patties weighed slightly more after cooking than the regular meat patties.

The serving size for beef, calf, and pork liver which is usually served sliced was 3 ounces; however, the serving size for poultry livers was 1/2 cup. The 1/2-cup measurement for a serving of chicken or turkey liver was used because individual pieces vary in size and are more easily estimated in cups than by ounces.

TABLES OF GOOD SOURCES OF NUTRIENTS

<u>Good food sources of the 15 nutrients</u>--vitamin A, vitamin E, vitamin C, thiamin, riboflavin, niacin, vitamin B-6, folate, vitamin B-12, calcium, phosphorus, magnesium, iron, zinc, and copper--for which there is a U.S. RDA are listed in Tables 2 to 16. Because some foods are better nutrient sources than others, the following three levels of nutrient content in a selected serving size are shown in the tables: 10 to 24 percent, 25 to 39 percent, and 40 percent or more of U.S. RDA.

For potassium (Table 17), the foods are also reported by three levels of nutrient content per serving--200 to 349 milligrams, 350 to 499 milligrams, and 500 milligrams or more. For dietary fiber (Table 18), foods listed contain a minimum of 2.0 grams per serving.

Foods are listed in the tables according to the major food groups:

- o breads, cereals, and other grain products;
- o fruits;
- o vegetables;
- o meat, poultry, fish, eggs, dry beans and peas; and
- o milk, cheese, and yogurt.

FOOD	SELECTED SERVING SIZE	PERCENTAGE 1 U.S. RDA ¹
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
Oatmeal, instant, fortified, prepared	2/3 cup	+++
Ready-to-eat cereals, fortified ²	1 ounce	++
FRUITS		
Apricot nectar	1/2 cup	+
Apricots:	About 2 halves	
Canned, juice-pack	About 3 halves 1/2 cup	+ ++
Dried, cooked, unsweetened Dried, uncooked	About 9 halves	+
Cantaloup, raw	About 1/2 cup diced	++
Mandarin orange sections, canned	About 1/2 cup alcea	
or frozen, juice-pack	1/2 cup	+
Mango, raw	1/2 medium	+++
Melon balls (cantaloup and honeydew),	-,	
frozen, unsweetened	1/2 cup	+
Nectarine, raw	1 medium	+
Plums, canned, juice-pack	1/2 cup	+
Watermelon, raw	About 1-3/4 cups diced	+
VEGETABLES		
Broccoli, cooked	1/2 cup	+
Carrots:		
Raw	4 3-inch strips	+++
Cooked	1/2 cup	+++
Chard, cooked	1/2 cup	+
Collards, cooked	1/2 cup	+
Endive, chicory, romaine, or		
_ escarole, raw	1 cup	+
Escarole, cooked	1/2 cup	+
Kale, cooked	1/2 cup	+++
Mustard greens, cooked	1/2 cup	+ +++
Peas and carrots, cooked	1/2 cup	TTT
Pepper, sweet, red: Raw	1 small	+++
Cooked	1/2 cup	++
Plantain, green or ripe, boiled	1 medium	+
Pumpkin, cooked	1/2 cup	+
Spinach:	1/2 000	
Raw	1 cup	+
Cooked	1/2 cup	+++
Squash, winter, cooked, mashed	1/2 cup	+++
Sweetpotato:		
Baked or boiled	1 medium	+++
Canned	1/2 cup	+++

Table 2--Good Sources of Vitamin A

FOOD	SELECTED SERVING SIZE	PERCENTAGE1OF U.S. RDA ¹
Tomatoes:		
Raw	1 medium	+
Cooked	1/2 cup	+
Tomato juice, canned	3/4 cup	+
Tomato-vegetable juice cocktail	3/4 cup	+
Turnip greens or turnip greens with	1.40	
turnips, cooked	1/2 cup	*++
MEAT, POULTRY, FISH, AND ALTERNATES		
MEAT AND POULTRY		
Liver, braised:		
Beef, calf, or pork	3 ounces	+++
Chicken or turkey	1/2 cup diced	+++
FISH AND SEAFOOD		
Mackerel, canned, drained	3 ounces	+
MILK, CHEESE, AND YOGURT		
Milk, lowfat or skim	1 cup	+

Table 2--Good Sources of Vitamin A--Continued

¹ A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

> + 10-24 percent of the U.S. RDA ++ 25-39 percent of the U.S. RDA +++ 40 percent or more of the U.S. RDA

² Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for vitamin A. The nutrition label on the package lists the percentage of the U.S. RDA for the cereal.

FOOD	SELECTED SERVING SIZE	PERCENTAGE1OF U.S. RDA ¹
BREAD, CEREALS, AND OTHER GRAIN PRODUCTS		
Multigrain cereal, cooked Ready-to-eat cereals, fortified ² Wheat germ, plain	2/3 cup 1 ounce 2 tablespoons	+ +++ ++
FRUITS		
Apple, baked, unsweetened Apricots, canned, juice-pack Nectarine, raw Peaches, canned, juice-pack	1 medium 1/2 cup 1 medium 1/2 cup	+ + + +
VEGETABLES		
Chard, cooked Dandelion greens, cooked Kohlrabi, cooked Mustard greens, cooked Pumpkin, cooked Turnip greens, cooked	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup	+ + + + + +
MEAT, POULTRY, FISH, AND ALTERNATES		
MEAT AND POULTRY		
Liver, braised: Chicken Turkey FISH AND SEAFOOD	1/2 cup diced 1/2 cup diced	+ +
Clams, steamed, boiled, or canned, drained	3 ounces	+
Croaker, mackerel, mullet, or ocean perch, baked or broiled Mackerel, canned, drained	3 ounces 3 ounces	+ +
Salmon: Baked, broiled, steamed, or poached Canned, drained Scallops, baked or broiled Shrimp:	3 ounces 3 ounces 3 ounces	+ + +
Shrimp: Broiled, steamed or boiled Canned, drained	3 ounces 3 ounces	++ +

Table 3--Good Sources of Vitamin E

FOOD	SELECTED SERVING SIZE	PERCENTAGE1OF U.S. RDA1
NUTS AND SEEDS		
Almonds, unroasted	2 tablespoons	+++
Brazil nuts	2 tablespoons	+
Filberts (hazelnuts)	2 tablespoons	+++
Peanuts, roasted or dry-roasted	2 tablespoons	+
Peanut butter	2 tablespoons	++
Sunflower seeds, hulled, roasted, or dry-roasted	2 tablespoons	+++

Table 3--Good Sources of Vitamin E--Continued

- ¹ A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--
 - + 10-24 percent of the U.S. RDA ++ 25-39 percent of the U.S. RDA +++ 40 percent or more of the U.S. RDA
- ² Fortified ready-to-eat cereals usually contain at least 40 percent of the U.S. RDA for vitamin E. The nutrition label on the package lists the percentage of the U.S. RDA for the cereal.

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA ¹
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
Ready-to-eat cereals, fortified ²	1 ounce	++
FRUITS		
Apples:		
Raw	1 medium	+
Baked, unşweetened	1 medium	+
Apple juice ³	3/4 cup	+++
Banana, raw	1 medium	+
Blackberries, raw	1/2 cup	++
Blueberries, raw	1/2 cup	+
Cantaloup:		
Raw	About 1/2 cup diced	+++
Frozen balls, unsweete n ed	1/2 cup	+++
Cranberry juice cocktail ³	1 cup	+++
Grapefruit, raw	1/2 medium	+++
Grapefruit juice, fresh, canned, or		
reconstituted frozen, unsweetened	3/4 cup	+++
Grapefruit and orange sections, canned,		
unsweetened	1/2 cup	+++
Grapefruit and orange juice, unsweetened	3/4 cup	+++
Grape juice, unsweetened	3/4 cup	+++
Honeydew melon, raw	About 3/4 cup diced	+++
Kiwifruit, raw	1 medium	+++
Mandarin órange sections,		
canned or frozen, juice-pack	1/2 cup	+++
Mango, raw	1/2 medium	+++
Nectarine, raw	1 medium	+
Orange, raw	1 medium	+++
Orange juice, fresh, canned, or		
reconstituted frozen, unsweetened	3/4 cup	+++
Papaya, raw	1/4 medium	+++
Peaches:		
Raw	1 medium	+
Frozen, unsweetened ³	1/2 cup	+++
Pear, raw	1 medium	+
Pineapple:		
Raw	1/2 cup	+
Canned, chunks, juice-pack	1/2 cup	+
Pineapple juice, canned, unsweetened	3/4 cup	++
Pineapple-grapefruit juice, canned or		
reconstituted frozen, unsweetened	3/4 cu p	+++

Table 4--Good Sources of Vitamin C

Table 4--Good Sources of Vitamin C--Continued

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA ¹
Pineapple-orange juice, canned or		
reconstituted frozen, unsweetened	3/4 cup	+++
Plum, raw	1 medium	+
Pomegranate, raw Raspberries:	1 medium	+
Raw	1/2 cup	++
Frozen, unsweetened Strawberries, raw, frozen, or canned,	1/2 cup	++
unsweetened	1/2 cup	+++
Tangelo, raw	1 medium	+++
Tangerine, raw	1 medium	+++
Watermelon, raw	About 1-3/4 cups diced	+++
VEGETABLES		
Artichoke, globe (french), cooked	1 medium	+
Asparagus, cooked	1/2 cup	+++
Beans, green or yellow, cooked	1/2 cup	+
Beans, lima, cooked	1/2 cup	+
Bean sprouts, raw or cooked	1/2 cup	+
Broccoli, raw or cooked	1/2 cup	+++
Brussels sprouts, cooked Cabbage:	1/2 cup	+++
Chinese, cooked	1/2 cup	++
Green, raw or cooked	1/2 cup	++
Red, raw or cooked	1/2 cup	+++
Cauliflower, raw or cooked	1/2 cup	+++
Chard, cooked	1/2 cup	+
Collards, cooked	1/2 cup	+
Endive, chicory, escarole, or	·	
romaine, raw	1 cup	+
Dandelion greens, raw	1/2 cup	+
Kale, cooked	1/2 cup	+++
Kohlrabi, cooked	1/2 cup	+++
Mustard greens, cooked	1/2 cup	++
Okra, cooked	1/2 cup	+
Onion, spring:		
Raw	1 medium	+
Cooked	1 large	+
Parsnips, cooked	1/2 cup	+
Peas, green, cooked Pepper, sweet, green or red, raw	1/2 cup	+
or cooked	1/2 cup	+++
Plantain, green or ripe, boiled	1 medium	+++
Poke greens, cooked Potato, with skin:	1/2 cup	+++
Baked	1 medium	++
Boiled	1 medium	++
Pumpkin, cooked	1/2 cup	+
Radishes, raw	6 large	+
Rutabagas, cooked	1/2 cup	++

Footnotes at end of table.

FOOD	SELECTED SERVING SIZE	PERCENTAGE1OF U.S. RDA ¹
Snow peas, raw or cooked Spinach:	1/2 cup	+++
Raw	1 cup	+
Cooked	1/2 cup	+
Squash:		
Summer, yellow, raw	1/2 cup	+
Winter, cooked, mashed Sweetpotato:	1/2 cup	+
Baked or boiled	1 medium	+++
Canned	1/2 cup	+++
Tomatoes:		
Raw	1 medium	++
Cooked	1/2 cup	++
Tomato juice or tomato-vegetable juice	0.44	
cocktail, canned	3/4 cup	+++
Turnip greens with turnips, cooked	1/2 cup	+
Turnips, cooked	1/2 cup	+
Watercress, raw	1/2 cup	+
MEAT, POULTRY, FISH, AND ALTERNATES		
MEAT AND POULTRY		
Liver, braised:		
Beef or pork	3 ounces	++
Chicken	1/2 cup diced	+
FISH AND SEAFOOD		
Clams, steamed, boiled, or canned, drained	3 ounces	+
Mussels, steamed, boiled, or poached	3 ounces	+

Table 4--Good Sources of Vitamin C--Continued

A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

> + 10-24 percent of the U.S. RDA ++ 25-39 percent of the U.S. RDA +++ 40 percent or more of the U.S. RDA

² Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for vitamin C. The nutrition label on the package lists the percentage of the U.S. RDA for the cereal.

 $^{\rm 3}$ Contains added vitamin C.

Table 5--Good Sources of Thiamin

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA ¹
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS ²		
Bagel, plain, pumpernickel, or whole-wheat Bread, raisin, rye, or white Cornbread, not made from a mix Farina, regular or quick, cooked English muffin, plain, plain with raisins, or whole-wheat Grits, corn or hominy, regular or instant, cooked Macaroni, noodles, or spaghetti, cooked Oatmeal: Instant, fortified, prepared Regular or quick, cooked Pita bread, plain or whole-wheat Pretzel, soft Ready-to-eat cereals, fortified Rice, white, cooked Rolls: Hamburger or frankfurter White, hard Waffles, plain	<pre>1 medium 2 slices 1 piece, 2-1/2 inches square 2/3 cup 1 2/3 cup 1 cup 2/3 cup 2/3 cup 2/3 cup 1 small 1 1 ounce 2/3 cup 1 small 1 1 nedium 2 4-inch squares</pre>	+ + + + + + + + + + + + + + + + + + +
Wheat germ, plain	2 tablespoons	+
FRUITS Melon balls (cantaloup and honeydew), frozen, unsweetened Orange juice, fresh Watermelon, raw VEGETABLES	1/2 cup 3/4 cup About 1-3/4 cups dic	+ + ed +
Corn, cooked Jerusalem artichoke, raw Peas, green, cooked Peas and carrots, cooked	1/2 cup 1/2 cup 1/2 cup 1/2 cup	+ + + *
MEAT, POULTRY, FISH, AND ALTERNATES		
MEAT AND POULTRY Ham, roasted, lean only: Fresh Smoked or cured	3 ounces 3 ounces	++ +++

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA ¹
Liver, beef or pork, braised Pork:	3 ounces	+
Chop, baked or broiled, lean only Ground, cooked	1 chop 3 ounces	+++ ++
Roast, loin, roasted, lean only Steak or cutlet, baked or broiled, lean only	3 ounces 3 ounces	+++ +++
FISH AND SEAFOOD		
Mackerel or salmon, baked or broiled Mussels, steamed, boiled, or poached Oysters:	3 ounces 3 ounces	+ +
Steamed Canned, undrained Pompano, baked or broiled	3 ounces 3 ounces 3 ounces	+ + ++
DRY BEANS, PEAS, AND LENTILS	Jounces	
Peas, split, green or yellow, cooked	1/2 cup	+
NUTS AND SEEDS Brazil nuts	2 tablespoons	+
Pine nuts (pignolias) Sunflower seeds, hulled, unroasted	2 tablespoons 2 tablespoons	+ ++

Table 5--Good Sources of Thiamin--Continued

¹ A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

> + 10-24 percent of the U.S. RDA ++ 25-39 percent of the U.S. RDA +++ 40 percent or more of the U.S. RDA

² Most commercial food products made with white flour or cornmeal are enriched. Therefore, all breads, pastas, and grits listed are enriched unless otherwise noted.

³ Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for thiamin. The nutrition label on the package lists the percentage of the U.S. RDA for the cereal.

Table 6--Good Sources of Riboflavin

FOOD	SELECTED SERVING SIZE	PERCENTAGE10F U.S. RDA
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS ²		
Bagel, plain, pumpernickel, or whole-wheat	1 medium	+
English muffin, plain	1	+
Multigrain cereal, cooked Oatmeal, instant, fortified, prepared	2/3 cup 2/3 cup	+ +
Pancakes, plain	2 4-inch pancakes	+
Pita bread, plain	1 small	+
Ready-to-eat cereals, fortified ³	1 ounce	++
Waffles, plain or bran	2 4-inch squares	+
VEGETABLES		
Broccoli, cooked	1/2 cup	+
Mushrooms, cooked	1/2 cup	+
Spinach, cooked	1/2 cup	+
Sweetpotato, boiled	1 medium	+
MEAT, POULTRY, FISH, AND ALTERNATES		
MEAT AND POULTRY		
Beef:		
Ground, extra lean, or lean, baked or broiled:	1 patty	+
Steak, baked or broiled, lean only	3 ounces	, +
Stew meat, simmered, lean only	3 ounces	+
Chicken leg, broiled or roasted,		
without skin	1 leg	+
Cornish hen, roasted, without skin	1/2 hen	+
Ham, fresh, roasted, lean only Lamb, lean only:	3 ounces	+
Chop, shoulder, braised, broiled,		
or baked	1 chop	+
Roast, shoulder, roasted	3 ounces	+
Liver, braised:		
Beef, calf, or pork	3 ounces	+++
Chicken or turkey	1/2 cup diced	+++
Liverwurst Pork, lean only:	1 ounce	++
Chop, baked or broiled	1 chop	+
Roast, loin or shoulder, roasted	3 ounces	+
Tongue, braised	3 ounces	+
Turkey, dark meat, roasted, without skin	3 ounces	+
Veal, roast, leg, roasted, lean only	3 ounces	+

F00D	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA ¹
FISH AND SEAFOOD		
Clams, steamed, boiled, or canned, drained	3 ounces	+
Mackerel or trout, baked or broiled	3 ounces	+
Mackerel, canned, drained	3 ounces	+
Mussels, steamed, boiled, or poached	3 ounces	+
Oysters, canned, undrained	3 ounces	+
NUTS AND SEEDS		
Almonds, roasted	2 tablespoons	+
MILK, CHEESE, AND YOGURT		
Cheese:		
Cottage, regular or lowfat	1/2 cup	+
Feta	1 ounce	+
Ice milk, soft-serve, not chocolate Milk:	1/2 cup	+
Buttermilk	1 cup	+
Chocolate	1 cup	+
Evaporated, whole or skim, diluted	1 cup	+
Whole, lowfat, or skim	1 cup	+
Yogurt:		
Frozen	8 ounces	+
Plain:	0	
Made with whole milk	8 ounces	+
Made with lowfat milk	8 ounces	++
Made with nonfat milk	8 ounces	++

Table 6--Good Sources of Riboflavin--Continued

¹ A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

> + 10-24 percent of the U.S. RDA ++ 25-39 percent of the U.S. RDA +++ 40 percent or more of the U.S. RDA

² Most commercial food products made with white flour and cornmeal are enriched. Therefore, all breads, pastas, cereals, and grits listed are enriched unless otherwise noted.

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³ Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for riboflavin. The nutrition label on the package lists the percentage of the U.S. RDA for the cereal.

Table 7--Good Sources of Niacin

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA ¹
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS ²		
Bagel, plain or whole-wheat Bulgur, cooked or canned English muffin, plain or whole-wheat Muffin, bran Oatmeal, instant, fortified, prepared Pita bread, plain or whole-wheat Pretzel, soft Ready-to-eat cereals, fortified ³ Roll, hoagie or submarine	1 medium 2/3 cup 1 1 medium 2/3 cup 1 small 1 1 ounce 1	+ + + + + + + + + +
VEGETABLES		
Mushrooms, cooked Potato, boiled, with skin	1/2 cup 1 medium	+ +
MEAT, POULTRY, FISH, AND ALTERNATES		•
MEAT AND POULTRY		
Beef: Brisket, braised, lean only Ground, extra lean, lean, or regular, baked or broiled Roast, rib, roasted, lean only	3 ounces 1 patty 3 ounces	+ + +
Steak, baked or broiled, lean only Stew meat, simmered, lean only Chicken, without skin:	3 ounces 3 ounces	+ +
Breast, broiled or roasted Leg, broiled or roasted Light or dark meat, broiled, roasted,	1/2 breast 1 leg	+++ ++
or stewed Cornish hen, roasted, without skin Ham, roasted, lean only: Fresh	3 ounces 1/2 hen 3 ounces	++ +++ +
Smoked or cured Lamb, lean only: Chop, shoulder, braised, broiled,	3 ounces	+
or baked Roast, shoulder, roasted Liver, braised:	1 chop 3 ounces	++ +
Beef, calf, or pork Chicken Liverwurst Pork, lean only:	3 ounces 1/2 cup diced 1 ounce	++ + +
Chop, baked or broiled Roast, loin, roasted	1 chop 3 ounces	+ ++

F00D	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA ¹
Turkey:		
Ground, cooked Light or dark meat, roasted,	3 ounces	+
without skin Veal, lean only:	3 ounces	+
Chop, braised	1 chop	+++
Roast, leg, roasted	3 ounces	++
FISH AND SEAFOOD		
Catfish, flounder, haddock, pompano,		
or pike, baked or broiled	3 ounces	+
Crabmeat, steamed	3 ounces	+
Croaker, porgy, or trout, baked or broiled Mackerel:	3 ounces	+
Baked or broiled	3 ounces	+++
Canned, drained	3 ounces	++
Mullet, baked or broiled Salmon:	3 ounces	++
Baked, broiled, steamed, or poached	3 ounces	++
Canned, drained Shrimp, broiled, steamed, boiled,	3 ounces	++
or canned, drained	3 ounces	+
Swordfish steak, baked or broiled	3 ounces	+++
Tuna, canned, drained	3 ounces	+
NUTS AND SEEDS		
Peanuts, roasted or dry-roasted	2 tablespoons	+
Peanut butter	2 tablespoons	+

Table 7--Good Sources of Niacin--Continued

¹ A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

> + 10-24 percent of the U.S. RDA ++ 25-39 percent of the U.S. RDA +++ 40 percent or more of the U.S. RDA

- ² Most commercial food products made with white flour and cornmeal are enriched. Therefore, all breads, pastas, cereals, and grits listed are enriched unless otherwise noted.
- ³ Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for niacin. The nutrition label on the package for the percentage of the U.S. RDA for the cereal.

Table 8--Good Sources of Vitamin B-6

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA ¹
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
Oatmeal, instant, fortified, prepared Ready-to-eat cereals, fortified	2/3 cup 1 ounce	++ ++
FRUITS Banana, raw Prunes, dried, cooked, unsweetened Prune juice, unsweetened Watermelon, raw	1 medium 1/2 cup 1/2 cup About 1-3/4 cups diced	++ + + d +
VEGETABLES		
Plantain, green or ripe, boiled Potato, baked or boiled, with skin Spinach, cooked Sweetpotato, baked or boiled Tomato juice, tomato-juice cocktail, or tomato-vegetable juice cocktail, canned	1 medium 1 medium 1/2 cup 1 medium 3/4 cup	++ + + +
MEAT, POULTRY, FISH, AND ALTERNATES		
MEAT AND POULTRY		
Beef: Brisket, braised, lean only Ground, extra lean, lean, or regular,	3 ounces	+
baked or broiled Pot roast, braised, lean only	1 patty 3 ounces	+ +
Roast, rib, roasted, lean only	3 ounces	+
Shortribs, braised, lean only Steak, baked, broiled, or braised,	3 ounces	+
lean only	3 ounces	+
Stew meat, simmered, lean only Chicken, without skin: Breast:	3 ounces	+
Broiled	1/2 breast	+
Roasted	1/2 breast	++
Leg, broiled or roasted Cornish hen, roasted, without skin	l leg 1/2 hen	+ ++
Ham, fresh, roasted, lean only	3 ounces	+
Liver, braised: Beef	3 ounces	++
Calf, or pork	3 ounces	+
Chicken	1/2 cup	+

Table 8--Good Sources of Vitamin B-6--Continued

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF
Pork, lean only: Chop, baked or broiled Roast, loin, roasted Turkey, light or dark meat, roasted,	1 chop 3 ounces	+ +
without skin Veal, chop, braised, lean only	3 ounces 1 chop	+ +
<pre>FISH AND SEAFOOD Cod, croaker, haddock, mackerel, ocean perch, porgy, or sea bass,</pre>	2	
baked or broiled Mackerel, canned, drained	3 ounces 3 ounces	+ +
Mullet or trout, baked or broiled Salmon, canned, drained	3 ounces 3 ounces	++
Swordfish steak, baked or broiled	3 ounces	+

¹ A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

- + 10-24 percent of the U.S. RDA
- ++ 25-39 percent of the U.S. RDA
- +++ 40 percent or more of the U.S. RDA

² Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for vitamin B-6. The nutrition label on the package lists the percentage of the U.S. RDA for the cereal.

Table 9--Good Sources of Folate

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
English muffin, whole-wheat	1	+
Pita bread, whole-wheat	1 small	+
Ready-to-eat cereals, fortified ²	1 ounce	++
Wheat germ, plain	2 tablespoons	+
FRUITS		
Grapefruit and orange juice,		
frozen, reconstituted	3/4 cup	+
Orange juice:	2/1 our	+
Fresh Frozen, reconstituted	3/4 cup 3/4 cup	+
	0/ · 00p	
VEGETABLES		
Artichoke, globe (french), cooked	1 medium	+
Asparagus, cooked	1/2 cup	+
Beets, cooked	1/2 cup	+
Broccoli, cooked	1/2 cup	+
Brussels sprouts, cooked Cauliflower, cooked	1/2 cup 1/2 cup	+ +
Chinese cabbage, cooked	1/2 cup	+
Corn, cream style, cooked	1/2 cup	+
Endive, chicory, escarole, or	2/ = 0 up	
romaine, raw	1 cup	+
Mustard greens, cooked	t 1/2 cup	+
Okra, cooked	1/2 cup	+
Parsnips, cooked	1/2 cup	+
Peas, green, cooked	1/2 cup	+
Spinach:		
Raw	1 cup	+
Cooked	1/2 cup	++
Turnip greens, cooked	1/2 cup	+

MEAT, POULTRY, FISH, AND ALTERNATES

MEAT AND POULTRY

Liver, braiseu.		
Beef or calf	3 ounces	+++
Pork	3 ounces	++
Chicken or turkey	1/2 cup diced	+++

Table	9Good	Sources	of	FolateContinued

FOOD	SELECTED SERVING SIZE	PERCENTAGE10F U.S. RDA ¹
FISH AND SEAFOOD		
Crabmeat, steamed	3 ounces	+
DRY BEANS, PEAS, AND LENTILS		
Beans, cooked: Bayo, black, brown, calico, chickpeas (garbanzo beans), lima, mexican, pinto, or white	1/2 cup	+
Black-eyed peas (cowpeas) Red kidney	1/2 cup 1/2 cup	+++ ++
Lentils, cooked	1/2 cup	+++
Peas, split, green or yellow, cooked	1/2 cup	+

¹ A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

> + 10-24 percent of the U.S. RDA ++ 25-39 percent of the U.S. RDA +++ 40 percent or more of the U.S. RDA

² Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for folate. The nutrition label on the package lists the percentage of the U.S. RDA for the cereal.

Table 10--Good Sources of Vitamin B-12

FOOD	SELECTED SERVING SIZE	PERCENTAGE1OF U.S. RDA ¹
MEAT, POULTRY, FISH, AND ALTERNATES		
MEAT AND POULTRY		
Beef:		
Brisket, braised, lean only Ground, baked or broiled:	3 ounces	++
Extra lean	1 patty	+++
Lean or regular	1 patty	++
Pot roast, braised, lean only	3 ounces	++
Roast, rib, roasted, lean only	3 ounces	++
Shortribs, braised, lean only Steak, lean only:	3 ounces	+++
Baked or broiled	3 ounces	+++
Braised	3 ounces	++
Stew meat, simmered, lean only	3 ounces	++
Frankfurter, beef	1	+
Liver, braised:		
Beef, calf, or pork	3 ounces	+++
Chicken or turkey	1/2 cup diced	+++
Lamb:	•	
Chop, shoulder, braised, broiled, or		
baked, lean only	1 chop	+++
Ground, cooked	1 patty	++
Roast, shoulder, roasted, lean only	3 ounces	++
Liverwurst	1 ounce	+++
Pork, lean only:		
Chop, baked or broiled	1 chop	+
Roast, loin, roasted	3 ounces	+
Tongue, braised	3 ounces	+++
Veal, roast, leg, roasted, lean only	3 ounces	++
FISH AND SEAFOOD		
Carp, cod, flounder, haddock, ocean perch,		
pompano, or porgy, baked or broiled	3 ounces	+
Catfish, perch, pike, or whiting	o ounces	
baked or broiled	3 ounces	++
Clams, steamed, boiled, or canned, drained		+++
Crabmeat, steamed	3 ounces	+++
Croaker, baked or broiled	3 ounces	+++
Lobster, steamed or boiled	3 ounces	+++
Mackerel, baked, broiled, or canned,		
drained	3 ounces	+++
Mussels, steamed, boiled, or poached	3 ounces	+++
the second sources of poulities		

Footnote at end of table.

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FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA ¹
Oysters:		
Baked, broiled, or steamed	3 ounces	+++
Canned, undrained	3 ounces	+++
Salmon:		
Baked or broiled	3 ounces	++
Steamed, poached, or canned, drained	3 ounces	+++
Scallops:		
Baked or broiled	3 ounces	÷ +
Boiled or steamed	3 ounces	+
Shrimp, broiled, steamed, boiled, or	2 000000	
canned, drained	3 ounces	+ ++
Swordfish steak, baked or broiled Frout, baked or broiled	3 ounces 3 ounces	+++
Funa, canned, drained	3 ounces	++
	5 ounces	
EGGS		
Egg, whole, cooked	1 large egg	+
MILK, CHEESE, AND YOGURT		
Cottage cheese, regular or lowfat	1/2 cup	+
Ice milk, soft-serve, not chocolate	1/2 cup	+
1ilk, whole, lowfat, or skim	1 cup	+
logurt:	·	
Flavored or fruit, made with whole or		
lowfat milk	8 ounces	+
Frozen	8 ounces	+
Plain:		
Made with whole milk	8 ounces	+
Made with lowfat or nonfat milk	8 ounces	+

Table 10--Good Sources of Vitamin B-12--Continued

¹ A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

+ 10-24 percent of the U.S. RDA
++ 25-39 percent of the U.S. RDA
+++ 40 percent or more of the U.S. RDA

Table 11--Good Sources of Calcium

FOOD	SELECTED SERVING SIZE	PERCENTAGE1OF U.S. RDA
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
English muffin, plain with raisins Muffin, bran Oatmeal, instant, fortified, prepared Pancakos, plain, fruit, buckwhoat	1 1 medium 2/3 cup	+ + +
<pre>Pancakes, plain, fruit, buckwheat, or whole-wheat Waffles:</pre>	2 4-inch pancakes	+
Bran, cornmeal, fruit, or Roman meal Plain	2 4-inch squares 2 4-inch squares	+ ++
VEGETABLES		
Broccoli, cooked Spinach, cooked Turnip greens, cooked	1/2 cup 1/2 cup 1/2 cup	+ + +
MEAT, POULTRY, FISH, AND ALTERNATES		
FISH AND SEAFOOD		
Mackerel, canned, drained Ocean perch, baked or broiled Salmon, canned, drained	3 ounces 3 ounces 3 ounces	+ + +
DRY BEANS, PEAS, AND LENTILS		
Tofu (bean curd), prepared with calcium sulfate	1/2 cup cubed	++
MILK, CHEESE, AND YOGURT		
Cheese, natural: Blue, brick, camembert, feta, gouda monterey, mozzarella, muenster, provolone, or roquefort	1 ounco	+
Gruyere or swiss	1 ounce 1 ounce	++
Parmesan (hard) or romano Cheese, process, cheddar or swiss	1 ounce 3/4 ounce	++ +
Cheese, ricotta	1/2 cup	++
Ice cream or ice milk, soft-serve	1/2 cup	+
Milk: Buttermilk	1 cup	++
Chocolate	1 cup	++
Dry, nonfat, reconstituted Evaporated, whole or skim, diluted	1 cup	++ ++
Lowfat or skim	1 cup 1 cup	++ ++
Whole	1 cup	++

FOOD	SELECTED SERVING SIZE	PERCENTAGE1OF U.S. RDA
'ogurt:		
Flavored or fruit, made with whole or		
lowfat milk	8 ounces	++
Frozen	8 ounces	++
Plain:		
Made with whole milk	8 ounces	++
Made with lowfat or nonfat milk	8 ounces	+++
		3

Table 11--Good Sources of Calcium--Continued

¹ A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

> + 10-24 percent of the U.S. RDA ++ 25-39 percent of the U.S. RDA +++ 40 percent or more of the U.S. RDA

² Value was calculated from data in Agric. Handb. No. 8-16 $(\underline{7})$.

Table 12--Good Sources of Phosphorus

FOOD	SELECTED SERVING SIZE	PERCENTAGE1OF U.S. RDA
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
Bread, whole-wheat Bulgur, cooked or canned Muffin, whole-wheat Oatmeal, regular or quick, cooked Pancakes, plain Ready-to-eat cereals, whole-grain ² Roll, whole-wheat Waffles, plain Wheat germ, plain	2 slices 2/3 cup 1 medium 2/3 cup 2 4-inch pancakes 1 ounce 1 medium 2 4-inch squares 2 tablespoons	+ + + + + + + + +
VEGETABLES		
Beans, lima, cooked	1/2 cup	+
MEAT, POULTRY, FISH, AND ALTERNATES		
MEAT AND POULTRY		
<pre>Beef: Brisket, braised, lean only Ground, extra lean, lean, or regular, baked or broiled Pot roast, braised, lean only Roast, rib, roasted, lean only Shortribs, braised, lean only Steak, baked, broiled, or braised lean only Stew meat, simmered, lean only Chicken, without skin: Breast, broiled or roasted</pre>	3 ounces 1 patty 3 ounces 3 ounces 3 ounces 3 ounces 3 ounces 1/2 breast	+ + + + + + +
Leg, broiled or roasted Ham, roasted, lean only: Fresh	1 leg 3 ounces	+ +
Smoked or cured Lamb: Chop, loin or shoulder, braised, broiled, or baked, lean only Ground, cooked Roast, shoulder, roasted, lean only Liver, braised: Beef or calf Chicken	3 ounces 1 chop 1 patty 3 ounces 3 ounces 1/2 cup diced	+ + + + +

Table	12Good	Sources	of	PhosphorusContinued
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F00D	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA ¹
Pork:		
Chop, baked or broiled, lean only	1 chop	+
Ground, cooked	3 ounces	+
Roast, roasted, lean only:	2	
Loin Shoulder	3 ounces 3 ounces	+ +
Steak or cutlet, baked or broiled,	5 Junces	т
lean only	3 ounces	+
Turkey:		
Ground, cooked	3 ounces	+
Light or dark meat, roasted,		
without skin	3 ounces	+
Veal:	2 000000	+
Cutlet or steak, pan-broiled, lean only Ground, cooked	3 ounces 1 patty	++
Roast, leg, roasted, lean only	3 ounces	+
Rouses, reg, real real only		
FISH AND SEAFOOD		
Carp, baked or broiled	3 ounces	+++
Catfish, cod, croaker, mackerel, mullet,	J Junees	
ocean perch, pike, pompano, porgy,		
trout, or whiting, baked or broiled	3 ounces	+
Clams, steamed, boiled, or canned, drained	3 ounces	+
Crabmeat, steamed	3 ounces	+
Flounder, haddock, perch, or sea bass	2	· · · · · · · · · · · · · · · · · · ·
baked or broiled	3 ounces	+ +
Lobster, steamed or boiled Mackerel, canned, drained	3 ounces 3 ounces	+++
Mussels, steamed, boiled, or poached	3 ounces	+
Oysters:		
Baked, broiled, or steamed	3 ounces	+
Canned, undrained	3 ounces	+
Salmon:		
Baked, broiled, steamed, or poached	3 ouncese	+
Canned, drained	3 ounces	++
Scallops: Baked or broiled	3 ounces	+
Boiled or steamed	3 ounces	+
Shrimp:		
Broiled	3 ounces	+
Steamed, boiled, or canned, drained	3 ounces	+
Swordfish steak, baked or broiled	3 ounces	++
Tuna, canned, drained	3 ounces	+
DRY BEANS, PEAS, AND LENTILS		
Beans, calico, chickpeas (garbanzo		
beans), lima, mexican, mung, pinto,		
or red kidney, cooked	1/2 cup	+
Lentils, cooked	1/2 cup	+
Soy milk (not baby formula)	1 cup	+

FOOD	SELECTED SERVING SIZE	PERCENTAGE1OF U.S. RDA ¹
NUTS AND SEEDS		
Almonds, roasted	2 tablespoons	+
Brazil nuts	2 tablespoons	+
Peanut butter	2 tablespoons	+
Pine nuts (pignolias)	2 tablespoons	+
Sesame seeds	2 tablespoons	+
Sunflower seeds, hulled, roasted,		
dry-roasted, or unroasted	2 tablespoons	+
MILK, CHEESE, AND YOGURT		
Cheese, natural:		
Blue, brick, cheddar, colby, edam,		
gouda, gruyere, havarti, limburger,		
monterey, mozzarella, muenster,		
parmesan (hard), port du salut,		
provolone, roquefort, swiss, tilsit	1 ounce	+
Cheese, process, cheddar		
or swiss	3/4 ounce	+
Cheese, ricotta	1/2 cup	+
Cheese spread, cheddar	1 tablespoon	+
Cottage cheese, regular or lowfat	1/2 cup	+
Ice milk, soft-serve	1/2 cup	+
Milk:		
Chocolate	l cup	++
Dry, lowfat or nonfat, reconstituted	l cup	+
Evaporated, diluted:	1	
Skim	1 cup	+
Whole Whole	l cup	++
Whole, lowfat, or skim	1 cup	+
Yogurt:		
Flavored or fruit, made with whole or lowfat milk	8 000000	++
	8 ounces 8 ounces	+
Frozen Plain:	8 ounces	т
Made with whole milk	8 ounces	+
Made with lowfat or nonfat milk	8 ounces	++
Hade wren fowrat of honrat mirk	o ounces	

Table 12--Good Sources of Phosphorus--Continued

¹ A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

+	10-24 percent	of the U.S.	RDA
++	25-39 percent	of the U.S.	RDA
+++	40 percent or		

² Whole-grain ready-to-eat cereals usually contain at least 10 percent of the U.S. RDA for phosphorus. The nutrition label on the package lists the percentage of the U.S. RDA for the cereal.

F00D	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA ¹
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
Bread, whole-wheat	2 slices	+
English muffin, whole-wheat	1	+
Muffin, bran	1 medium	+
Multigrain cereal, cooked	2/3 cup	+
Noodles, whole-wheat, cooked	1 cup	+
Pita bread, whole-wheat	1 small	+
Ready-to-eat cereals, whole-grain ²	1 ounce	+
Rice, brown, cooked	2/3 cup	+
Spaghetti, high-protein, cooked	1 cup 2 tablespeeps	+ +
Wheat germ, plain	2 tablespoons	+
VEGETABLES		
Artichoke, globe (french), cooked	1 medium	+
Beans, lima, cooked	1/2 cup	+
Broccoli, cooked	1/2 cup	+
Chard, cooked	1/2 cup	+
Okra, cooked	1/2 cup	+
Plantain, green or ripe, boiled Spinach, cooked	1 medium 1/2 cup	+ +
MEAT, POULTRY, FISH, AND ALTERNATES		
FISH AND SEAFOOD		
Croaker, mackerel, or sea bass, baked or broiled	3 000000	+
Oysters:	3 ounces	т
Baked, broiled, or steamed	3 ounces	+
Canned, undrained	3 ounces	+
Scallops, baked, broiled, boiled,		
or steamed	3 ounces	+
DRY BEANS, PEAS, AND LENTILS		
Beans, black-eyed peas (cowpeas),		
chickpeas (garbanzo beans), soybeans,	1/2 cup	+
or white, cooked	1/2 cup 1 cup	+
Soy milk (not baby formula) Tofu (bean curd)	1/2 cup cubed	+

Table 13--Good Sources of Magnesium

Table 13--Good Sources of Magnesium--Continued

FOOD	SELECTED SERVING SIZE	PERCENTAGE ₁ OF U.S. RDA ¹
NUTS AND SEEDS		
Almonds, roasted, dry-roasted, or unroasted	2 tablespoons	+
Brazil nuts, filberts (hazelnuts), or pine nuts (pignolias)	2 tablespoons	+
Cashews, roasted or dry-roasted Mixed nuts, roasted	2 tablespoons 2 tablespoons	+ +
Peanut butter Pumpkin or squash seeds, hulled,	2 tablespoons	+
unroasted Sesame seeds	2 tablespoons 2 tablespoons	+ +
Sunflower seeds, hulled, unroasted	2 tablespoons	+
MILK, CHEESE, AND YOGURT	1 our	4
Milk, chocolate, made with skim milk Yogurt, plain, made with nonfat milk	l cup 8 ounces	+ +

¹ A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

+	10-24 percent of the U.S.	RDA
++	25-39 percent of the U.S.	RDA
+++	40 percent or more of the	

² Whole-grain ready-to-eat cereals usually contain at least 10 percent of the U.S. RDA for magnesium. The nutrition label on the package lists the percentage of the U.S. RDA for the cereal.

³ Value is for product prepared with nigari, which contains magnesium chloride. If tofu is prepared with calcium sulfate, the magnesium content is below 10 percent of the U.S. RDA. Value was calculated from data in Agric. Handb. No 8-16 (7).

FOOD	SELECTED SERVING SIZE	PERCENTAGE1OF U.S. RDA
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS ²		
Bagel, plain, pumpernickel, or whole-wheat	1 medium	+
Farina, regular or quick, cooked	2/3 cup	++
Muffin, bran	1 medium	+
Noodles, cooked	1 cup	+
Oatmeal, instant, fortified, prepared	2/3 cup	++
Pita bread, plain or whole-wheat	1 small	+
Pretzel, soft	1	+
Ready-to-eat cereals, fortified ³	1 ounce	++
Rice, white, regular or converted, cooked	2/3 cup	+
FRUITS		
Apricots, dried, cooked, unsweetened	1/2 cup	+
VEGETABLES		
Beans, lima, cooked	1/2 cup	+
Spinach, cooked	1/2 cup	+
MEAT, POULTRY, FISH, AND ALTERNATES		
MEAT AND POULTRY		
Beef:		
Brisket, braised, lean only	3 ounces	+
Ground, extra lean, lean, or regular,		
baked or broiled	1 patty	+
Pot roast, braised, lean only	3 ounces	+
Roast, rib, roasted, lean only	3 ounces	+
Shortribs, braised, lean only	3 ounces	+
Steak, baked, broiled, or braised,		
lean only	3 ounces	+
Stew meat, simmered, lean only	3 ounces	+
Liver, braised:		
Beef	3 ounces	++
Calf	3 ounces	+
Pork	3 ounces	+++
Chicken or turkey	1/2 cup diced	++
Liverwurst	1 oùnce	+
Longue braiced	3 ounces	+
Tongue, braised Turkey, dark meat, roasted, without skin	3 ounces	+

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA
FISH AND SEAFOOD		
Clams, steamed, boiled, or canned, drained	3 ounces	+++
Mackerel, canned, drained	3 ounces	+
Mussels, steamed, boiled, or poached	3 ounces	+
Oysters:		
Baked or broiled, steamed	3 ounces	++
Canned, undrained	3 ounces	++
Shrimp, broiled, steamed, boiled,	2	
or canned, drained	3 ounces	+ +
Trout, baked or broiled	3 ounces	Ť
DRY BEANS, PEAS, AND LENTILS		
Beans, black-eyed peas (cowpeas), chickpeas (garbanzo beans),		
red kidney, or white, cooked	1/2 cup	+
Lentils, cooked	1/2 cup	+
Soybeans, cooked	1/2 cup	++
NUTS AND SEEDS		
Pine nuts (pignolias)	2 tablespoons	+
Pumpkin or squash seeds, hulled, roasted	2 tablespoons	+

Table 14--Good Sources of Iron--Continued

¹ A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

> + 10-24 percent of the U.S. RDA ++ 25-39 percent of the U.S. RDA +++ 40 percent or more of the U.S. RDA

² Most commercial food products made with white flour and cornmeal are enriched. Therefore, all breads, pastas, cereals, and grits listed are enriched unless otherwise noted.

³ Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for iron. The nutrition label on the package lists the percentage of the U.S. RDA for the cereal.

Table 15--Good Sources of Zinc

FOOD	SELECTED SERVING SIZE	PERCENTAGE1OF U.S. RDA ¹
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
	1	
Ready-to-eat cereals, fortified ² Wheat germ, plain	1 ounce 2 tablespoons	+++
MEAT, POULTRY, FISH, AND ALTERNATES		
MEAT AND POULTRY		
Beef:		
Brisket, braised, lean only	3 ounces	++
Ground, extra lean, lean, or regular, baked or broiled	1 patty	++
Pot roast, braised, lean only	3 ounces	+++
Roast, rib, roasted, lean only	3 ounces	++
Shortribs, braised, lean only	3 ounces	+++
Steak, lean only	o ounces	
Baked or broiled	3 ounces	++
Braised	3 ounces	++++
Stew meat, simmered, lean only	3 ounces	+++
Chicken, leg, broiled or roasted,	1 7	
without skin	l leg	+
Ham, fresh, smoked or cured, roasted, lean only	3 ounces	+
Lamb:	o ounces	
Chop, shoulder, braised, broiled, or		
baked, lean only	1 chop	++
Ground, cooked	1 patty	+
Roast, shoulder, roasted, lean only	3 ounces	++
Liver, braised:		
Beef or pork	3 ounces	++
Calf	3 ounces	+++
Chicken or turkey	1/2 cup diced	+
Pork:		
Chop, baked or broiled, lean only	1 chop	+
Ground, cooked	3 ounces	+
Roast, loin, roasted, lean only	3 ounces	+
_ Roast, shoulder, roasted, lean only	3 ounces	+
Tongue, braised	3 ounces	++
Turkey:	2	
Ground, cooked	3 ounces	+
Light or dark meat, roasted, without skin Veal:	3 ounces	+
Chop, braised, lean only	1 chop	+
Ground, cooked	1 patty	+
Roast, leg, roasted, lean only	3 ounces	++

Table 15--Good Sources of Zinc--Continued

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA
FISH AND SEAFOOD		
Carp, baked or broiled Crabmeat, steamed Lobster, steamed or boiled Mussels, steamed, boiled, or poached Oysters: Baked, broiled, or steamed Canned, undrained	3 ounces 3 ounces 3 ounces 3 ounces 3 ounces 3 ounces	+ + + + +
NUTS AND SEEDS Pumpkin or squash seeds, hulled, roasted	2 tablespoons	+
MILK, CHEESE, AND YOGURT Cheese, ricotta Yogurt: Flavored, made with whole or lowfat milk Plain, made with lowfat or nonfat milk	1/2 cup 8 ounces 8 ounces	+ + +

¹ A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

> + 10-24 percent of the U.S. RDA ++ 25-39 percent of the U.S. RDA +++ 40 percent or more of the U.S. RDA

² Fortified ready-to-eat cereals usually contain at least 10 percent of the U.S. RDA for zinc. The nutrition label on the package lists the percentage of U.S. RDA for the cereal.

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA ¹
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
Barley, cooked English muffin, whole-wheat Muffin, bran Pita bread, whole-wheat	2/3 cup 1 1 medium 1 small	++ + + +
		Ŧ
<u>FRUITS</u> Prunes, dried, cooked, unsweetened	1/2 cup	+
VEGETABLES		
Beans, lima, cooked Mushrooms, cooked Potato, baked or boiled, with skin Sweetpotato, baked or boiled Tomato juice cocktail Turnip greens, cooked	1/2 cup 1/2 cup 1 medium 1 medium 3/4 cup 1/2 cup	+ + + + +
MEAT, POULTRY, FISH, AND ALTERNATES		
MEAT AND POULTRY		
Liver, braised: Beef or calf Chicken or turkey	3 ounces 1/2 cup diced	+++ +
FISH AND SEAFOOD		
Clams, steamed, boiled, or canned, drained Crabmeat, steamed Lobster, steamed or boiled Oysters:	3 ounces 3 ounces 3 ounces	+ ++ ++
Baked, broiled, or steamed Canned, undrained Shrimp, broiled, steamed, boiled, or	3 ounces 3 ounces	+++ +++
canned, drained	3 ounces	+
DRY BEANS, PEAS, AND LENTILS Beans, black-eyed peas (cowpeas) or soybeans, cooked Lentils, cooked	1/2 cup 1/2 cup	+ +
NUTS AND SEEDS	·	
Almonds or cashews, roasted or dry-roasted	2 tablespoons	+

Table 16--Good Sources of Copper

Table 16--Good Sources of Copper--Continued

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA ¹
Brazil nuts, english walnuts, filberts (hazelnuts), pine nuts (pignolias) Mixed nuts, dry-roasted Peanuts, roasted Pistachio nuts, unroasted Pumpkin or squash seeds, hulled, roasted Sesame seeds Sunflower seeds, hulled, roasted, dry roasted, or unroasted	<pre>2 tablespoons 2 tablespoons 2 tablespoons 2 tablespoons 2 tablespoons 2 tablespoons 2 tablespoons</pre>	+ + + + + + +

A selected serving size has an Index of Nutritional Quality (INQ) of 1.0 or more and contains--

2 I

+	10-24 percent of the U.S. RDA	
++	25-39 percent of the U.S. RDA	
+++	40 percent or more of the U.S. RD	A

BREADS, CEREALS, AND OTHER GRAIN PRODUCTSReady-to-eat cereals:Oat flakes, fortified with soy flour1 ounce1 ounceTied, cooked, unsweetenedDried, uncookedDried, uncookedDried, uncookedDried, uncookedDried, uncookedDried, uncookedDried, uncookedDried, uncookedThe constituted frozen,UnsweetenedHoneydew melon, rawAbout 3/4 cup+Nectarine, rawNectarine, rawDried, cooked, unsweetenedDried, cookedDried, cookedDried, cookedDried, cookedDried, cooked, unsweetenedDried, cooked, unsweetenedDried, cookedDried, cookedDried, cookedDried,	FOOD	SELECTED SERVING SIZE	POTASSIUM PER SERVING ¹
Oat flakes, fortified with soy flour 100% bran cereals1 ounce+100% bran cereals1 ounce++1 ounce++1 ounce++1 ounce++1 ounce++1 ounce++Priots:1/2 cup+++Dried, cooked, unsweetened1/2 cup+++Banana, raw1 medium++Cantaloup, rawAbout 1/2 cup diced+Gantaloup, raw3/4 cup+Canned or reconstituted frozen, unsweetened3/4 cup+Melon balls (cantaloup and honeydew), frozen, unsweetened1/2 cup+Presh, or reconstituted frozen, unsweetened3/4 cup+Peaches:3/4 cup+Dried, cooked, unsweetened1/2 cup+Pears, dried, cooked, unsweetened1/2 cup+Prume, juice, unsweetened1/2 cup+Prume, dried, cooked, unsweetened1/2 cup+Prume, dried, cooked, unsweetened1/2 cup+Prume, dried, cooked, unsweetened1/2 cup+Prume, dried, cooked, unsweetened1/2 cup+Prune, dried, cooked1/2 cup+Ratisins1/2 cup+Artichoke, globe (french), cooked1 medium+Asparagus, cooked1/2 cup+Canned1/2 cup+Canned1/2 cup+Prune juice, unsweetened1/2 cup+Prune juice, unsweetened1/2 cup+Prune juice, unsweeten	BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
Apricots:I/2 cup+++Dried, cooked, unsweetened1/2 cup+++Banaa, raw1 medium++Cantaloup, rawAbout 1/2 cup diced+Grapefruit juice:Fresh3/4 cup+Canned or reconstituted frozen, unsweetened3/4 cup+Honeydew melon, rawAbout 3/4 cup diced+Melon balls (cantaloup and honeydew), frozen, unsweetened1/2 cup+Orange juice:1/2 cup+Canned3/4 cup+Presh, or reconstituted frozen, unsweetened3/4 cup+Preaches:3/4 cup+Dried, cooked, unsweetened1/2 cup+Peaches:1/2 cup+Pried, uncooked1/2 cup+Prune, dried, cooked, unsweetened1/2 cup+Prune, dried, cooked, unsweetened1/2 cup+Prune, juice, unsweetened1/2 cup+Prune juice, unsweetened1/2 cup+Prune juice, unsweetened1/2 cup+Prune juice, unsweetened1/2 cup+Prune juice, unsweetened1/2 cup+Artichoke, globe (french), cooked1 medium+Artichoke, globe (french), cooked1/2 cup+Green, cooked1/2 cup+Chard, cooked1/2 cup+Chard, cooked1/2 cup+Cup+Chard, cooked1/2 cup+Chard, cooked1/2 cup+Chard, cooked1/2 cup <td>Oat flakes, fortified with soy flour</td> <td></td> <td></td>	Oat flakes, fortified with soy flour		
Dried, cooked, unsweetened1/2 cup+++Dried, uncooked1/4 cup++Banan, raw1 medium++Cantaloup, rawAbout 1/2 cup diced+Grapefruit juice:3/4 cup+Fresh3/4 cup+Canned or reconstituted frozen, unsweetened3/4 cup+Melon balls (cantaloup and honeydew), frozen, unsweetened1/2 cup+Nectarine, raw1 medium+Orange juice:3/4 cup+Canned3/4 cup+Preaches:3/4 cup+Dried, cooked, unsweetened1/2 cup+Preaches:1/2 cup+Pried, cooked, unsweetened1/2 cup+Prune, dried, cooked, unsweetened1/2 cup+Prune juice, unsweetened1/2 cup+Prine juice, unsweetened1/2 cup+Prune juice, unsweetened1/2 cup+Prune juice, unsweetened1/2 cup+Cantifing1/2 cup+Artichoke, globe (french), cooked1 medium+Artichoke, globe (french), cooked1/2 cup+Green, cooked <td< td=""><td>FRUITS</td><td></td><td></td></td<>	FRUITS		
Grapefruit juice: Fresh3/4 cup+Canned or reconstituted frozen, unsweetened3/4 cup+Honeydew melon, rawAbout 3/4 cup diced+Melon balls (cantaloup and honeydew), frozen, unsweetened1/2 cup+Nectarine, raw1/2 cup+Orange juice: Canned3/4 cup+Peaches:3/4 cup+Dried, cooked, unsweetened1/2 cup+Presh, or reconstituted frozen, unsweetened1/2 cup+Peaches:1/2 cup+Dried, cooked, unsweetened1/2 cup+Pomegranate, raw1 medium++Pomegranate, raw1 medium++Prunes, dried, cooked, unsweetened1/2 cup+Prune juice, unsweetened1/2 cup++Prune juice, unsweetened1/2 cup++Raisins1/4 cup+Watermelon, rawAbout 1-3/4 cups diced+VEGETABLESI2 cup+Artichoke, globe (french), cooked1 medium+Lima, cooked1/2 cup+Lima, cooked1/2 cup+Cani flower, cooked1/2 cup+Chard, cooked1/2 cup+Corn, cooked1/2 cup+Grean entichoke, raw1/2 cup+Horad, cooked1/2 cup+Horad, cooked1/2 cup+Horad, cooked1/2 cup+Horad, cooked1/2 cup+Horad, cooked1/2 cup+ <td>Dried, cooked, unsweetened Dried, uncooked Banana, raw</td> <td>1/4 cup 1 medium</td> <td>++ ++</td>	Dried, cooked, unsweetened Dried, uncooked Banana, raw	1/4 cup 1 medium	++ ++
Canned or reconstituted frozen, unsweetened3/4 cup+Honeydew melon, rawAbout 3/4 cup diced+Honeydew melon, rawAbout 3/4 cup diced+Melon balls (cantaloup and honeydew), frozen, unsweetened1/2 cup+Nectarine, raw1medium+Orange juice:3/4 cup+Canned3/4 cup+Fresh, or reconstituted frozen, unsweetened3/4 cup++Peaches:1/2 cup+Dried, cooked, unsweetened1/2 cup+Pomegranate, raw1 medium++Prune, dried, cooked, unsweetened1/2 cup+Prune juice, unsweetened1/2 cup++Prune juice, unsweetened1/2 cup++Raisins1/4 cup++Raisins1/4 cup++Watermelon, rawAbout 1-3/4 cups diced+VEGETABLES1/2 cup+Artichoke, globe (french), cooked1 medium+Asparagus, cooked1/2 cup+Lima, cooked1/2 cup++Corn, cooked1/2 cup++Corn, cooked1/2 cup++Corn, cooked1/2 cup+Houshrooms, cooked1/2 cup+	Grapefruit juice:		+
frozen, unsweetened1/2 cup+Nectarine, raw1 medium+Orange juice:3/4 cup+Canned3/4 cup+Fresh, or reconstituted frozen, unsweetened3/4 cup++Peaches:3/4 cup++Dried, cooked, unsweetened1/2 cup++Pored, uncooked1/4 cup++Pomegranate, raw1 medium++Prunes, dried, cooked, unsweetened1/2 cup+Prune juice, unsweetened1/2 cup++Raisins1/4 cup++Raisins1/2 cup++Raisins1/4 cup+Watermelon, rawAbout 1-3/4 cups diced+VEGETABLES	Canned or reconstituted frozen, unsweetened Honeydew melon, raw	3/4 cup	+
Canned3/4 cup+Fresh, or reconstituted frozen, unsweetened3/4 cup++Peaches:3/4 cup++Peaches:1/2 cup++Dried, cooked, unsweetened1/2 cup++Pears, dried, cooked, unsweetened1/2 cup+Pomegranate, raw1 medium++Prunes, dried, cooked, unsweetened1/2 cup++Prune juice, unsweetened1/2 cup++Prune juice, unsweetened1/2 cup++Raisins1/4 cup+Watermelon, rawAbout 1-3/4 cups diced+VEGETABLES	frozen, unsweetened Nectarine, raw		
unsweetened3/4 cup++Peaches:	Canned	3/4 cup	+
Dried, cooked, unsweetened1/2 cup++Dried, uncooked1/4 cup++Pears, dried, cooked, unsweetened1/2 cup+Pomegranate, raw1 medium++Prunes, dried, cooked, unsweetened1/2 cup++Prune juice, unsweetened1/2 cup++Prune juice, unsweetened1/2 cup++Raisins1/4 cup+Watermelon, rawAbout 1-3/4 cups diced+VEGETABLES1Medium+Artichoke, globe (french), cooked1 medium+Beans:1/2 cup+Green, cooked1/2 cup+++Cauliflower, cooked1/2 cup+++Cauliflower, cooked1/2 cup+++Corn, cooked1/2 cup+++Corn, cooked1/2 cup+Jerusalem artichoke, raw1/2 cup+Mushrooms, cooked1/2 cup+	unsweetened	3/4 cup	++
Pears, dried, cooked, unsweetened1/2 cup+Pomegranate, raw1 medium++Prunes, dried, cooked, unsweetened1/2 cup++Prune juice, unsweetened1/2 cup++Raisins1/4 cup+Watermelon, rawAbout 1-3/4 cups diced+VEGETABLES1Medium+Artichoke, globe (french), cooked1 medium+Asparagus, cooked1/2 cup+Beans:Green, cooked1/2 cup+Lima, cooked1/2 cup+++Cauliflower, cooked1/2 cup+++Corn, cooked1/2 cup++Jerusalem artichoke, raw1/2 cup+Mushrooms, cooked1/2 cup+Mushrooms, cooked1/2 cup+	Dried, cooked, unsweetened	•	
Prunes, dried, cooked, unsweetened1/2 cup++Prune juice, unsweetened1/2 cup++Raisins1/4 cup+Watermelon, rawAbout 1-3/4 cups diced+VEGETABLES	Pears, dried, cooked, unsweetened	1/2 cup	
Raisins1/4 cup+Watermelon, rawAbout 1-3/4 cups diced+VEGETABLESArtichoke, globe (french), cooked1 medium+Asparagus, cooked1/2 cup+Beans:Green, cooked1/2 cup+Lima, cooked1/2 cup+Cauliflower, cooked1/2 cup+++Cauliflower, cooked1/2 cup+Corn, cooked1/2 cup++Jerusalem artichoke, raw1/2 cup+Mushrooms, cooked1/2 cup+1/2 cup+-Jerusalem artichoke, raw1/2 cup+Mushrooms, cooked1/2 cup+		1/2 cup	++
Watermelon, rawAbout 1-3/4 cups diced +VEGETABLESArtichoke, globe (french), cooked1 mediumAsparagus, cooked1/2 cupBeans:1/2 cupGreen, cooked1/2 cupLima, cooked1/2 cupCauliflower, cooked1/2 cupChard, cooked1/2 cupLimalem artichoke, raw1/2 cupMushrooms, cooked1/2 cupHushrooms, cooked1/2 cupLinalem artichoke, raw1/2 cupMushrooms, cooked1/2 cupLinalem artichoke, raw1/2 cupLinalem artichoke, raw		•	
Artichoke, globe (french), cooked1 medium+Asparagus, cooked1/2 cup+Beans:1/2 cup+Lima, cooked1/2 cup+Lima, cooked1/2 cup++++Cauliflower, cooked1/2 cup+Chard, cooked1/2 cup+Corn, cooked1/2 cup++Jerusalem artichoke, raw1/2 cup+Mushrooms, cooked1/2 cup+		•	
Asparagus, cooked1/2 cup+Beans:1/2 cup+Green, cooked1/2 cup+++Lima, cooked1/2 cup+++Cauliflower, cooked1/2 cup+Chard, cooked1/2 cup++Corn, cooked1/2 cup+Jerusalem artichoke, raw1/2 cup+Mushrooms, cooked1/2 cup+	VEGETABLES		
Green, cooked1/2 cup+Lima, cooked1/2 cup+++Cauliflower, cooked1/2 cup+Chard, cooked1/2 cup++Corn, cooked1/2 cup+Jerusalem artichoke, raw1/2 cup+Mushrooms, cooked1/2 cup+	Asparagus, cooked		
Cauliflower, cooked1/2 cup+Chard, cooked1/2 cup++Corn, cooked1/2 cup+Jerusalem artichoke, raw1/2 cup+Mushrooms, cooked1/2 cup+	Green, cooked		
Corn, cooked1/2 cup+Jerusalem artichoke, raw1/2 cup+Mushrooms, cooked1/2 cup+		•	
Jerusalem artichoke, raw1/2 cup+Mushrooms, cooked1/2 cup+		•	

Table 17--Good Sources of Potassium

Table 17--Good Sources of Potassium--Continued

MEAT AND POULTRY Beef: Brisket, braised, lean only 3 ounces + Ground, extra lean, lean, and regular, baked or broiled 1 patty + Pot roast, braised, lean only 3 ounces + Roast, rib, roasted, lean only 3 ounces + Shortribs, braised, lean only 3 ounces + Steak, lean only: Baked or broiled 3 ounces + Stew meat, simmered, lean only 3 ounces + Chicken, without skin: Breast, broiled or roasted 1/2 breast + Leg, broiled or roasted 1 leg + Cornish hen, roasted, without skin 1/2 hen + Ham, roasted, lean only: Fresh 3 ounces + Smoked or cured 3 ounces + Lamb, lean only: Chop, shoulder, braised, broiled, or baked 1 chop + Roast, leg or shoulder, roasted 3 ounces + Lamonly 1 chop + Cond, cooked 9 or broiled, lean only 1 chop + Roast, roasted, lean only: Chop, baked or broiled, lean only 1 chop + Cutlet or steak, baked or broiled, 1 cutlet ++ Roast, roasted, lean only: Loin 3 ounces +	FOOD	SELECTED SERVING SIZE	POTASSIUM PER SERVING ¹
Plantain, green or ripe, boiled I medium +++ Potato: Baked or boiled, with skin I medium +++ Baked or boiled, without skin I medium +++ Baked or boiled, without skin I medium ++ Rutabaga, cooked I/2 cup +++ Squash, winter, cooked, mashed I/2 cup +++ Squash, winter, cooked, mashed I/2 cup +++ Squash, winter, cooked, mashed I/2 cup +++ Baked I medium ++ Boiled I medium ++ Boiled I medium ++ Boiled I medium ++ Tomatoes: Raw I medium ++ Tomatoes: Raw I medium ++ Stewed I/2 cup +++ Tomato-vegetable juice or tomato juice, canned 3/4 cup ++ MEAT, POULTRY, FISH, AND ALTERNATES MEAT AND POULTRY Beef: Brisket, braised, lean only 3 ounces + Roast, rib, roasted, lean only 3 ounces + Stew meat, simmered, lean only 3 ounces + Stew meat, lean only 3 ounces + Stew meat, lean only 4 ounces + Stew meat, lean only 5 ounces + Smoked or cured 5 ounces + Smoked or cured 5 ounces + Smoked or cured 5 ounces + Smoked 0 runed 5 ounces + Smoke	Peas, green, cooked	1/2 cup	+ ~
Baked or boiled, without skin1 medium++Pumpkin, cooked1/2 cup++Pumpkin, cooked1/2 cup+Spinach, cooked1/2 cup++Spinach, cooked, mashed1/2 cup+++Sweetpotato:1/2 cup+++Sweetpotato:1 medium+Baked1 medium+Tomatoes:1/2 cup++Tomatooes:1/2 cup++Tomato juice, canned3/4 cup++Tomato juice, canned3/4 cup++MEAT, POULTRY, FISH, AND ALTERNATESSunces+MEAT, POULTRYSounces+Beef:1 patty+Pot roast, braised, lean only3 ounces+Shortribs, braised, lean only3 ounces+Stew d or broiled1 patty+Pot roast, braised, lean only3 ounces+Stew act, simmered, lean only3 ounces+Stew meat, simmered, lean only3 ounces+Stew act, simmered, lean only3 ounces+Stew meat, simmered, lean only3 ounces+Stew meat, simmered, lean only3 ounces+Smoked or cured3 ounces+Smoked or cured1/2 hen+Lean only:Fresh3 ounces+Smoked or cured3 ounces+Smoked or cured3 ounces+Smoked or broiled, broiled, or-baked1 chop+Chop, shoulder, roas	Plantain, green or ripe, boiled	- ,	+++
Pumpkin, cooked1/2 cup++Rutabaga, cooked1/2 cup++Rutabaga, cooked1/2 cup++Squash, winter, cooked, mashed1/2 cup++Squash, winter, cooked, mashed1/2 cup++Squash, winter, cooked, mashed1 medium++Baked1 medium++Boiled1 medium+Tomatoes:	Baked or boiled, with skin	1 medium	+++
Rutabaga, cooked1/2 cup+Spinach, cooked1/2 cup++Spinach, cooked1/2 cup++Sweetpotato:1medium++Baked1medium+Baked1medium+Tomatos:1medium+Tomatos:3/4 cup++Tomato-vegetable juice or3/4 cup++Tomato juice, caned3/4 cup++MEAT, POULTRY, FISH, AND ALTERNATES**MEAT AND POULTRY8eef:**Berisket, braised, lean only3 ounces+Pot roast, braised, lean only3 ounces+Steak, rib, roasted, lean only3 ounces+Steak lean only:3 ounces+Baked or broiled3 ounces+Steak jean only:3 ounces+Baked or broiled3 ounces+Steak jean only:3 ounces+Braised3 ounces+Steak jean only:3 ounces+Braised1 leg+Cornish hen, roasted1/2 breast+Lean only:**Fresh3 ounces+Lamb, lean only:3 ounces+Fresh3 ounces+Lamb, lean only:**Fresh3 ounces+Lamb, lean only:**Chop, shoulder, roasted1 chop+Roast, leg or shoulder, roasted**Pork:** <trr< td=""><td></td><td></td><td>++</td></trr<>			++
Spinach, cooked1/2 cup++Squash, winter, cooked, mashed1/2 cup+++Squash, winter, cooked, mashed1/2 cup+++Squash, winter, cooked, mashed1/2 cup+++Boiled1 medium+Tomatoes:1 medium+Raw1 medium+Tomato juice, canned3/4 cup++Tomato juice cocktail, canned3/4 cup++MEAT, POULTRY, FISH, AND ALTERNATESMEAT AND POULTRYBeef:Brisket, braised, lean only3 ounces+Bround, extra lean, lean, and regular, baked or broiled1 patty+Pot roast, braised, lean only3 ounces+Stew, lean only:3 ounces+Braised1/2 breast+Chicken, without skin:1/2 breast+Braised1 leg+Cornish hen, roasted, broiled, or baked or cured3 ounces+Smoked or cured3 ounces+Smoked or cured3 ounces+Lamb, lean only:3 ounces+Presh3 ounces+Smoked or cured3 ounces+Ama, roasted, lean only:1 leg+Chop, shoulder, braised, broiled, or baked or broiled, lean only1 cutlet+Fresh3 ounces+Smoked or cured3 ounces+Smoked or cured3 ounces+Ama, roasted, lean only:1 chop+Chop, shoulder, braised, broiled, or baked or broiled, lean only <td></td> <td></td> <td></td>			
Squash, winter, cooked, mashed1/2 cup+++Sweetpotato:1medium++Sweetpotato:1medium++Baked1medium+Tomatoes:1medium+Raw1medium+Tomato-ucgetable juice or3/4 cup++Tomato-ucgetable juice or3/4 cup++MEAT_ND POULTRY, FISH, AND ALTERNATES**MEAT_AND POULTRY**Beef:**Brisket, braised, lean only3 ounces+Ground, extra lean, lean, and regular, baked or broiled1 patty+Pot roast, braised, lean only3 ounces+Steak, lean only:3 ounces+Baked or broiled3 ounces+Braised3 ounces+Steak, lean only:3 ounces+Braised3 ounces+Steak near, simmered, lean only3 ounces+Braised1/2 breast+Leg, broiled or roasted1/2 breast+Leg, broiled or roasted1/2 breast+Leg, broiled or cured3 ounces+Smoked or cured3 ounces+Lamb, lean only:*3 ounces+Fresh3 ounces+Smoked or cured3 ounces+Lamb, lean only:**Chop, shoulder, roasted1 chop+Pork:Chop+Chop, baked or broiled, lean only1 cutlet++G			
Sweetpotato:1medium++Baked1medium++Tomato-ses:1medium+Raw1medium+Tomato-yeetable juice or3/4 cup++Tomato-yeetable juice or3/4 cup++MEAT AND POULTRY, FISH, AND ALTERNATES**MEAT AND POULTRYBeef:1Brisket, braised, lean only3 ounces+Pot roast, braised, lean only3 ounces+Shortribs, braised, lean only3 ounces+Steak, lean only3 ounces+Braised3 ounces+Steak, lean only3 ounces+Steak, lean only3 ounces+Steak, lean only3 ounces+Chicken, without skin1/2 breast+Leg, broiled or roasted1 leg+Ham, roasted, lean only3 ounces+Smoked or cured3 ounces+Lamb, lean only:Chop, shoulder, braised, broiled, orbaked or broiled, lean only1 chop+Chop, baked or broiled, lean only1 chop+Chop, baked or broiled, lean only1			
Baked1 medium++Boiled1 medium+Tomatoes:1medium+Raw1 medium+Stewed1/2 cup++Tomato-vegetable juice or3/4 cup++Tomato-vegetable juice or3/4 cup++MEAT_POULTRY, FISH, AND ALTERNATESMEAT_AND POULTRYBeef:		1/2 cup	+++
Boiled1 medium+Tomato-ses: Raw1 medium+Stewed1/2 cup++Tomato juice, canned3/4 cup++Tomato juice cocktail, canned3/4 cup++MEAT AND POULTRY, FISH, AND ALTERNATES**MEAT AND POULTRYBeef:**Berisket, braised, lean only3 ounces+MEAT AND POULTRY1 patty+Pot roast, braised, lean only3 ounces+Steak or broiled1 patty+Pot roasted, lean only3 ounces+Steak or broiled3 ounces+Steak or broiled3 ounces+Steak or broiled3 ounces+Baked or broiled3 ounces+Stew met, simmered, lean only3 ounces+Chicken, without skin:1/2 breast+Brast, broiled or roasted1 leg+Cornish hen, roasted, without skin1/2 hen+Ham, roasted, lean only:5 ounces+Tresh3 ounces+Lamb, lean only:Chop, shoulder, braised, broiled, orbaked1 chop+Roast, leg or shoulder, roasted3 ounces+Chop, baked or broiled, lean only1 chop+Cutlet or steak, baked or broiled, orbaked1 chop+-Chop, baked or broiled, lean only1 chop+Cutlet or steak, baked or broiled, lean only1 cutlet++		1 modium	44
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Loin 3 ounces +		o ounces	
		3 ounces	+
	Shoulder	3 ounces	

FOOD	SELECTED SERVING SIZE	POTASSIUM PER SERVING ¹
Turkey, light or dark meat, roasted, without skin	3 ounces	+
Veal, lean only: Chop, braised Cutlet or steak, pan broiled Roast, leg, roasted	1 chop 1 cutlet 3 ounces	+ ++ +
FISH AND SEAFOOD		
Carp, catfish, flounder, or mullet, baked or broiled Haddock, mackerel, or porgy,	3 ounces	++
baked or broiled Clams:	3 ounces	+
Steamed or boiled Canned, drained Cod, croaker, pompano, or trout,	3 ounces 3 ounces	+ +
baked or broiled	3 ounces	++
Crabmeat, steamed	3 ounces	+
Lobster, steamed or boiled	3 ounces	+
Mussels, steamed, boiled, or poached	3 ounces	+
Ocean perch, perch, pike, sea bass, or whiting, baked or broiled	3 ounces	+
Oysters: Canned, undrained	3 ounces	+
Steamed Salmon:	3 ounces	+
Baked or broiled	3 ounces	+
Steamed, poached, or canned, drained Scallops:	3 ounces	+
Baked or broiled	3 ounces	+
Boiled or steamed	3 ounces	+
Swordfish steak, baked or broiled	3 ounces	+
Tuna, canned, drained DRY BEANS, PEAS, AND LENTILS	3 ounces	+
Beans, cooked: Bayo, black, brown, or red kidney Calico, chickpeas (garbanzo beans),	1/2 cup	++
mung, or pinto	1/2 cup	+
Lima, soybeans, or white	1/2 cup	++
Lentils, cooked	1/2 cup	++
Peas, split, green or yellow, cooked Soy milk (not baby formula)	1/2 cup 1 cup	++ +
Soy MIR (not baby formula)	ι σαμ	
MILK, CHEESE, AND YOGURT		
Milk:	1 005	
Buttermilk Chocolate made with whole or skim milk	1 cup	++ ++
Chocolate, made with whole or skim milk Skim	l cup l cup	++
Whole or lowfat	1 cup	++
Milk-based fruit drinks	1 cup	+++

Table	17Good	Sources	of	PotassiumContinued
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Table 17--Good Sources of Potassium--Continued

FOOD	SELECTED SERVING SIZE	POTASSIUM PER SERVING ¹
Yogurt: Flavored, made with lowfat milk	8 ounces	++
Frozen	8 ounces	++
Fruit, made with lowfat or nonfat milk Plain:	8 ounces	++
Made with whole milk Made with lowfat milk	8 ounces 8 ounces	++ +++

1 A selected serving size contains at least--

+ 200-349 milligrams
++ 350-499 milligrams
+++ 500 or more milligrams

² Most 100 percent bran cereals contain at least 350 milligrams of potassium.

FOOD	SELECTED 1
	SERVING SIZE ¹
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS	
Bagel, whole-wheat	1 medium
Biscuit, whole-wheat	1 medium
Breads, multigrain, pumpernickel, rye, white and whole-wheat blend, whole-wheat, or whole-wheat	
with raisins	2 regular slices
Bulgur, cooked or canned	2/3 cup
English muffin, whole-wheat	1
Muffins, bran or whole-wheat	1 medium
Oatmeal:	2/2 011
Instant, fortified, prepared Regular or quick, cooked	2/3 cup 2/3 cup
Pita Bread, whole-wheat	1 small
Ready-to-eat bran cereals	1 ounce
Rolls:	
Multigrain	1 large
Whole-wheat	1 medium
FRUITS	
Apples:	
Raw	1 medium
Dried, cooked, unsweetened	1/2 cup
Applesauce, unsweetened Apricots, dried:	1/2 cup
Cooked, unsweetened	1/2 cup
Uncooked	1/4 cup
Banana, raw	1 medium
Blackberries, raw or frozen, unsweetened	1/2 cup
Blueberries, frozen, unsweetened	1/2 cup
Dates, chopped	1/4 cup
Fruit mixture, dried	1/4 cup
Guava, raw	l 1 modium
Kiwifruit, raw Mango, raw	1 medium 1/2 medium
Nectarine, raw	1 medium
Orange, raw	1 medium
Peaches, dried:	
Cooked, unsweetened	1/2 cup
Uncooked	1/4 cup
Pears:	
Raw	1 medium
Canned, juice-pack	1/2 cup
Dried, cooked, unsweetened	1/2 cup 1/4 cup
Dried, uncooked Prunes, dried:	1/4 Cup
Cooked, unsweetened	1/2 cup
Uncooked	1/4 cup

Table 18--Sources of Dietary Fiber

Table 18Sources of Dietary FiberContinued					
FOOD	SELECTED SERVING SIZE ¹				
Raisins Raspberries, raw or frozen, unsweetened Strawberries, frozen, unsweetened Tangelo, raw	1/4 cup 1/2 cup 1/2 cup 1 medium				
VEGETABLES					
Artichoke, globe (french), cooked Beans, green or lima, cooked Beets, cooked Broccoli, cooked Brussels sprouts, cooked Cabbage, cooked Carrots, cooked Okra, cooked Parsnips, cooked Potato, boiled, with skin Snow peas, raw or cooked Spinach, cooked Squash, winter, cooked, mashed Sweetpotato, baked or boiled Tomatoes, stewed	1 medium 1/2 cup 1/2 cup				
DRY BEANS, PEAS, AND LENTILS					
<pre>Beans, black-eyed peas (cowpeas), calico, chickpeas (garbanzo beans), lima, mexican, pinto, red kidney, or white, cooked Lentils, cooked Peas, split, green or yellow, cooked NUTS AND SEEDS</pre>	1/2 cup 1/2 cup 1/2 cup				
Almonds or chestnuts, roasted Peanut butter Pine nuts (pignolias) Pumpkin or squash seeds, hulled, roasted Sesame seeds Sunflower seeds, hulled, unroasted	<pre>2 tablespoons 2 tablespoons 2 tablespoons 2 tablespoons 2 tablespoons 2 tablespoons</pre>				

Dictory Fibor Continued

 1 A selected serving size contains at least 2 grams of dietary fiber.

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