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United States  
Department of  
Agriculture

GOOD SOURCES OF NUTRIENTS

Human Nutrition  
Information  
Service

Nutrition  
Monitoring  
Division

Administrative  
Report No. 371

April 1989

**United States  
Department of  
Agriculture**



**National Agricultural Library**

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# GOOD SOURCES OF NUTRIENTS<sup>1</sup>

## 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) (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)<sup>2</sup> for that nutrient. Vitamin A, vitamin E, vitamin C, thiamin, riboflavin, niacin,

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<sup>1</sup>Report prepared by Myrtle Hogbin and Lois Fulton, Guidance and Education Research Branch, Nutrition Education Division, Human Nutrition Information Service, U.S. Department of Agriculture, Hyattsville, Maryland 20782. The assistance of Ruth Vettel, Evelyn Matthews, Jan Janiczek, and the Nutrient Data Research Branch is gratefully acknowledged.

<sup>2</sup>U.S. RDA are the amounts of vitamins and minerals used as standards in nutrition labeling of foods (2). 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.

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 (3). 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)<sup>3</sup> 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

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<sup>3</sup>RDA 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 (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.

Computations--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.

$$\begin{array}{r} \text{Percentage} \\ \text{of} \\ \text{U.S. RDA} \end{array} = \frac{\begin{array}{r} \text{Amount of nutrient} \\ \text{per gram} \end{array} \times \begin{array}{r} \text{Selected serving} \\ \text{size (grams)} \end{array}}{\text{U.S. RDA}} \times 100$$

- 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 (11).

$$\text{INQ} = \frac{\begin{array}{r} \text{Amount of nutrient} \\ \text{per 1,000 kilocalories} \end{array}}{\begin{array}{r} \text{Single-value nutrient allowance} \\ \text{per 1,000 kilocalories} \end{array}}$$

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

Nutrient	Single value nutrient allowances per 1,000 kilocalories <sup>1</sup>	U.S. RDA ( <u>2</u> )
Vitamin A	400 RE	<sup>2</sup> 1,000 RE
Vitamin E	4 mg	<sup>2</sup> 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 mcg	400 mcg
Vitamin B-12	1.5 mcg	6 mcg
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

<sup>1</sup> 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 (11).

<sup>2</sup> 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.
- o Canned fruits are packed in juice and a serving contains some liquid.
- o Frozen fruits are unsweetened.
- o 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.")

Selected Serving Sizes--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

Good food sources of the 15 nutrients--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.

Table 2--Good Sources of Vitamin A

FOOD	SELECTED SERVING SIZE	PERCENTAGE <sup>1</sup> U.S. RDA
<u>BREADS, CEREALS, AND OTHER GRAIN PRODUCTS</u>		
Oatmeal, instant, fortified, prepared	2/3 cup	+++
Ready-to-eat cereals, fortified <sup>c</sup>	1 ounce	++
<u>FRUITS</u>		
Apricot nectar	1/2 cup	+
Apricots:		
Canned, juice-pack	About 3 halves	+
Dried, cooked, unsweetened	1/2 cup	++
Dried, uncooked	About 9 halves	+
Cantaloup, raw	About 1/2 cup diced	++
Mandarin orange sections, canned 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	+
<u>VEGETABLES</u>		
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	+++
Pepper, sweet, red:		
Raw	1 small	+++
Cooked	1/2 cup	++
Plantain, green or ripe, boiled	1 medium	+
Pumpkin, cooked	1/2 cup	+
Spinach:		
Raw	1 cup	+
Cooked	1/2 cup	+++
Squash, winter, cooked, mashed	1/2 cup	+++
Sweetpotato:		
Baked or boiled	1 medium	+++
Canned	1/2 cup	+++

Footnotes at end of table.

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

FOOD	SELECTED SERVING SIZE	PERCENTAGE <sup>1</sup> OF U.S. RDA <sup>1</sup>
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 turnips, cooked	1/2 cup	+++
<u>MEAT, POULTRY, FISH, AND ALTERNATES</u>		
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	+
<u>MILK, CHEESE, AND YOGURT</u>		
Milk, lowfat or skim	1 cup	+

<sup>1</sup> 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

<sup>2</sup> 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.

Table 3--Good Sources of Vitamin E

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

Footnotes at end of table.



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

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA <sup>1</sup>
<b>NUTS AND SEEDS</b>		
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	+++

<sup>1</sup> 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

<sup>2</sup> 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.

Table 4--Good Sources of Vitamin C

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA <sup>1</sup>
<u>BREADS, CEREALS, AND OTHER GRAIN PRODUCTS</u>		
Ready-to-eat cereals, fortified <sup>2</sup>	1 ounce	++
<u>FRUITS</u>		
Apples:		
Raw	1 medium	+
Baked, unsweetened	1 medium	+
Apple juice <sup>3</sup>	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, unsweetened	1/2 cup	+++
Cranberry juice cocktail	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 <sup>3</sup>	3/4 cup	+++
Honeydew melon, raw	About 3/4 cup diced	+++
Kiwifruit, raw	1 medium	+++
Mandarin orange 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 <sup>3</sup>	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 cup	+++

Footnotes at end of table.

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

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA <sup>1</sup>
Pineapple-orange juice, canned or reconstituted frozen, unsweetened	3/4 cup	+++
Plum, raw	1 medium	+
Pomegranate, raw	1 medium	+
Raspberries:		
Raw	1/2 cup	++
Frozen, unsweetened	1/2 cup	++
Strawberries, raw, frozen, or canned, unsweetened	1/2 cup	+++
Tangelo, raw	1 medium	+++
Tangerine, raw	1 medium	+++
Watermelon, raw	About 1-3/4 cups diced	+++
<u>VEGETABLES</u>		
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	1/2 cup	+++
Cabbage:		
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	1/2 cup	+
Pepper, sweet, green or red, raw or cooked	1/2 cup	+++
Plantain, green or ripe, boiled	1 medium	+++
Poke greens, cooked	1/2 cup	+++
Potato, with skin:		
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.

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

FOOD	SELECTED SERVING SIZE	PERCENTAGE <sup>1</sup> OF U.S. RDA
Snow peas, raw or cooked	1/2 cup	+++
Spinach:		
Raw	1 cup	+
Cooked	1/2 cup	+
Squash:		
Summer, yellow, raw	1/2 cup	+
Winter, cooked, mashed	1/2 cup	+
Sweetpotato:		
Baked or boiled	1 medium	+++
Canned	1/2 cup	+++
Tomatoes:		
Raw	1 medium	++
Cooked	1/2 cup	++
Tomato juice or tomato-vegetable juice 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

+

<sup>1</sup> 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

<sup>2</sup> 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.

<sup>3</sup> Contains added vitamin C.

Table 5--Good Sources of Thiamin

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

Footnotes at end of table.

Table 5--Good Sources of Thiamin--Continued

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

<sup>1</sup> 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

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

<sup>3</sup> 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	PERCENTAGE <sup>1</sup> OF U.S. RDA <sup>1</sup>
<u>BREADS, CEREALS, AND OTHER GRAIN PRODUCTS<sup>2</sup></u>		
Bagel, plain, pumpernickel, or whole-wheat	1 medium	+
English muffin, plain	1	+
Multigrain cereal, cooked	2/3 cup	+
Oatmeal, instant, fortified, prepared	2/3 cup	+
Pancakes, plain	2 4-inch pancakes	+
Pita bread, plain	1 small	+
Ready-to-eat cereals, fortified <sup>3</sup>	1 ounce	++
Waffles, plain or bran	2 4-inch squares	+
<u>VEGETABLES</u>		
Broccoli, cooked	1/2 cup	+
Mushrooms, cooked	1/2 cup	+
Spinach, cooked	1/2 cup	+
Sweetpotato, boiled	1 medium	+
<u>MEAT, POULTRY, FISH, AND ALTERNATES</u>		
<u>MEAT AND POULTRY</u>		
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	3 ounces	+
Lamb, lean only:		
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	1 ounce	++
Pork, lean only:		
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	+

Footnotes at end of table.

Table 6--Good Sources of Riboflavin--Continued

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA <sup>1</sup>
<b>FISH AND SEAFOOD</b>		
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	+
<b>NUTS AND SEEDS</b>		
Almonds, roasted	2 tablespoons	+
<b><u>MILK, CHEESE, AND YOGURT</u></b>		
Cheese:		
Cottage, regular or lowfat	1/2 cup	+
Feta	1 ounce	+
Ice milk, soft-serve, not chocolate	1/2 cup	+
Milk:		
Buttermilk	1 cup	+
Chocolate	1 cup	+
Evaporated, whole or skim, diluted	1 cup	+
Whole, lowfat, or skim	1 cup	+
Yogurt:		
Frozen	8 ounces	+
Plain:		
Made with whole milk	8 ounces	+
Made with lowfat milk	8 ounces	++
Made with nonfat milk	8 ounces	++

<sup>1</sup> 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

<sup>2</sup> 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.

<sup>3</sup> 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 <sup>1</sup>
<u>BREADS, CEREALS, AND OTHER GRAIN PRODUCTS<sup>2</sup></u>		
Bagel, plain or whole-wheat	1 medium	+
Bulgur, cooked or canned	2/3 cup	+
English muffin, plain or whole-wheat	1	+
Muffin, bran	1 medium	+
Oatmeal, instant, fortified, prepared	2/3 cup	+
Pita bread, plain or whole-wheat	1 small	+
Pretzel, soft	1	+
Ready-to-eat cereals, fortified <sup>3</sup>	1 ounce	++
Roll, hoagie or submarine	1	+
<u>VEGETABLES</u>		
Mushrooms, cooked	1/2 cup	+
Potato, boiled, with skin	1 medium	+
<u>MEAT, POULTRY, FISH, AND ALTERNATES</u>		
<u>MEAT AND POULTRY</u>		
Beef:		
Brisket, braised, lean only	3 ounces	+
Ground, extra lean, lean, or regular, baked or broiled	1 patty	+
Roast, rib, roasted, lean only	3 ounces	+
Steak, baked or broiled, lean only	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	++
Light or dark meat, broiled, roasted, or stewed	3 ounces	++
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, shoulder, roasted	3 ounces	+
Liver, braised:		
Beef, calf, or pork	3 ounces	++
Chicken	1/2 cup diced	+
Liverwurst	1 ounce	+
Pork, lean only:		
Chop, baked or broiled	1 chop	+
Roast, loin, roasted	3 ounces	++

Footnotes at end of table.

Table 7--Good Sources of Niacin--Continued

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA <sup>1</sup>
Turkey:		
Ground, cooked	3 ounces	+
Light or dark meat, roasted, without skin	3 ounces	+
Veal, lean only:		
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	3 ounces	+
Mackerel:		
Baked or broiled	3 ounces	+++
Canned, drained	3 ounces	++
Mullet, baked or broiled	3 ounces	++
Salmon:		
Baked, broiled, steamed, or poached	3 ounces	++
Canned, drained	3 ounces	++
Shrimp, broiled, steamed, boiled, 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	+

<sup>1</sup> 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

<sup>2</sup> 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.

<sup>3</sup> 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 <sup>1</sup>
<u>BREADS, CEREALS, AND OTHER GRAIN PRODUCTS</u>		
Oatmeal, instant, fortified, prepared	2/3 cup	++
Ready-to-eat cereals, fortified <sup>2</sup>	1 ounce	++
<u>FRUITS</u>		
Banana, raw	1 medium	++
Prunes, dried, cooked, unsweetened	1/2 cup	+
Prune juice, unsweetened	1/2 cup	+
Watermelon, raw	About 1-3/4 cups diced	+
<u>VEGETABLES</u>		
Plantain, green or ripe, boiled	1 medium	++
Potato, baked or boiled, with skin	1 medium	+
Spinach, cooked	1/2 cup	+
Sweetpotato, baked or boiled	1 medium	+
Tomato juice, tomato-juice cocktail, or tomato-vegetable juice cocktail, canned	3/4 cup	+
<u>MEAT, POULTRY, FISH, AND ALTERNATES</u>		
<u>MEAT AND POULTRY</u>		
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	+
Chicken, without skin:		
Breast:		
Broiled	1/2 breast	+
Roasted	1/2 breast	++
Leg, broiled or roasted	1 leg	+
Cornish hen, roasted, without skin	1/2 hen	++
Ham, fresh, roasted, lean only	3 ounces	+
Liver, braised:		
Beef	3 ounces	++
Calf, or pork	3 ounces	+
Chicken	1/2 cup	+

Footnotes at end of table.

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

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

<sup>1</sup> 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

<sup>2</sup> 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 U.S. RDA <sup>1</sup>
<u>BREADS, CEREALS, AND OTHER GRAIN PRODUCTS</u>		
English muffin, whole-wheat	1	+
Pita bread, whole-wheat	1 small	+
Ready-to-eat cereals, fortified <sup>2</sup>	1 ounce	++
Wheat germ, plain	2 tablespoons	+
<u>FRUITS</u>		
Grapefruit and orange juice, frozen, reconstituted	3/4 cup	+
Orange juice:		
Fresh	3/4 cup	+
Frozen, reconstituted	3/4 cup	+
<u>VEGETABLES</u>		
Artichoke, globe (french), cooked	1 medium	+
Asparagus, cooked	1/2 cup	+
Beets, cooked	1/2 cup	+
Broccoli, cooked	1/2 cup	+
Brussels sprouts, cooked	1/2 cup	+
Cauliflower, cooked	1/2 cup	+
Chinese cabbage, cooked	1/2 cup	+
Corn, cream style, cooked	1/2 cup	+
Endive, chicory, escarole, or romaine, raw	1 cup	+
Mustard greens, cooked	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	+
<u>MEAT, POULTRY, FISH, AND ALTERNATES</u>		
<u>MEAT AND POULTRY</u>		
Liver, braised:		
Beef or calf	3 ounces	+++
Pork	3 ounces	++
Chicken or turkey	1/2 cup diced	+++

Footnotes at end of table.

Table 9--Good Sources of Folate--Continued

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

<sup>1</sup> 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

<sup>2</sup> 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	PERCENTAGE <sup>1</sup> OF U.S. RDA
<b>MEAT, POULTRY, FISH, AND ALTERNATES</b>		
<b>MEAT AND POULTRY</b>		
Beef:		
Brisket, braised, lean only	3 ounces	++
Ground, baked or broiled:		
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	3 ounces	+++
Steak, lean only:		
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	++
<b>FISH AND SEAFOOD</b>		
Carp, cod, flounder, haddock, ocean perch, pompano, or porgy, baked or broiled	3 ounces	+
Catfish, perch, pike, or whiting baked or broiled	3 ounces	++
Clams, steamed, boiled, or canned, drained	3 ounces	+++
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	+++

Footnote at end of table.

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

FOOD	SELECTED SERVING SIZE	PERCENTAGE, OF U.S. RDA <sup>1</sup>
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 canned, drained	3 ounces	+
Swordfish steak, baked or broiled	3 ounces	++
Trout, baked or broiled	3 ounces	+++
Tuna, canned, drained	3 ounces	++
EGGS		
Egg, whole, cooked	1 large egg	+
<u>MILK, CHEESE, AND YOGURT</u>		
Cottage cheese, regular or lowfat	1/2 cup	+
Ice milk, soft-serve, not chocolate	1/2 cup	+
Milk, whole, lowfat, or skim	1 cup	+
Yogurt:		
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	+

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

Footnotes at end of table.

Table 11--Good Sources of Calcium--Continued

FOOD	SELECTED SERVING SIZE	PERCENTAGE <sup>1</sup> OF U.S. RDA
Yogurt:		
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

<sup>1</sup> 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

<sup>2</sup> Value was calculated from data in Agric. Handb. No. 8-16 (7).

Table 12--Good Sources of Phosphorus

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

Footnotes at end of table.

Table 12--Good Sources of Phosphorus--Continued

FOOD	SELECTED SERVING SIZE	PERCENTAGE <sup>1</sup> OF U.S. RDA <sup>1</sup>
<b>Pork:</b>		
Chop, baked or broiled, lean only	1 chop	+
Ground, cooked	3 ounces	+
Roast, roasted, lean only:		
Loin	3 ounces	+
Shoulder	3 ounces	+
Steak or cutlet, baked or broiled, lean only	3 ounces	+
<b>Turkey:</b>		
Ground, cooked	3 ounces	+
Light or dark meat, roasted, without skin	3 ounces	+
<b>Veal:</b>		
Cutlet or steak, pan-broiled, lean only	3 ounces	+
Ground, cooked	1 patty	+
Roast, leg, roasted, lean only	3 ounces	+
<b>FISH AND SEAFOOD</b>		
Carp, baked or broiled	3 ounces	+++
Catfish, cod, croaker, mackerel, mullet, 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 baked or broiled	3 ounces	+
Lobster, steamed or boiled	3 ounces	+
Mackerel, canned, drained	3 ounces	++
Mussels, steamed, boiled, or poached	3 ounces	+
<b>Oysters:</b>		
Baked, broiled, or steamed	3 ounces	+
Canned, undrained	3 ounces	+
<b>Salmon:</b>		
Baked, broiled, steamed, or poached	3 ounces	+
Canned, drained	3 ounces	++
<b>Scallops:</b>		
Baked or broiled	3 ounces	+
Boiled or steamed	3 ounces	+
<b>Shrimp:</b>		
Broiled	3 ounces	+
Steamed, boiled, or canned, drained	3 ounces	+
Swordfish steak, baked or broiled	3 ounces	++
Tuna, canned, drained	3 ounces	+
<b>DRY BEANS, PEAS, AND LENTILS</b>		
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	+

Footnotes at end of table.

Table 12--Good Sources of Phosphorus--Continued

FOOD	SELECTED SERVING SIZE	PERCENTAGE <sup>1</sup> OF U.S. RDA
<b>NUTS AND SEEDS</b>		
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	+
<b>MILK, CHEESE, AND YOGURT</b>		
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	1 cup	++
Dry, lowfat or nonfat, reconstituted	1 cup	+
Evaporated, diluted:		
Skim	1 cup	+
Whole	1 cup	++
Whole, lowfat, or skim	1 cup	+
Yogurt:		
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	++

<sup>1</sup> 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

<sup>2</sup> 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.

Table 13--Good Sources of Magnesium

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA <sup>1</sup>
<u>BREADS, CEREALS, AND OTHER GRAIN PRODUCTS</u>		
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 <sup>2</sup>	1 ounce	+
Rice, brown, cooked	2/3 cup	+
Spaghetti, high-protein, cooked	1 cup	+
Wheat germ, plain	2 tablespoons	+
<u>VEGETABLES</u>		
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	1 medium	+
Spinach, cooked	1/2 cup	+
<u>MEAT, POULTRY, FISH, AND ALTERNATES</u>		
<u>FISH AND SEAFOOD</u>		
Croaker, mackerel, or sea bass, baked or broiled	3 ounces	+
Oysters:		
Baked, broiled, or steamed	3 ounces	+
Canned, undrained	3 ounces	+
Scallops, baked, broiled, boiled, or steamed	3 ounces	+
<u>DRY BEANS, PEAS, AND LENTILS</u>		
Beans, black-eyed peas (cowpeas), chickpeas (garbanzo beans), soybeans, or white, cooked	1/2 cup	+
Soy milk (not baby formula)	1 cup	+
Tofu (bean curd) <sup>3</sup>	1/2 cup cubed	+

Footnotes at end of table.

Table 13--Good Sources of Magnesium--Continued

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

<sup>1</sup> 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

<sup>2</sup> 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.

<sup>3</sup> 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).

Table 14--Good Sources of Iron

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA <sup>1</sup>
<u>BREADS, CEREALS, AND OTHER GRAIN PRODUCTS<sup>2</sup></u>		
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 <sup>3</sup>	1 ounce	++
Rice, white, regular or converted, cooked	2/3 cup	+
<u>FRUITS</u>		
Apricots, dried, cooked, unsweetened	1/2 cup	+
<u>VEGETABLES</u>		
Beans, lima, cooked	1/2 cup	+
Spinach, cooked	1/2 cup	+
<u>MEAT, POULTRY, FISH, AND ALTERNATES</u>		
<u>MEAT AND POULTRY</u>		
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 ounce	+
Tongue, braised	3 ounces	+
Turkey, dark meat, roasted, without skin	3 ounces	+

Footnotes at end of table.



Table 14--Good Sources of Iron--Continued

FOOD	SELECTED SERVING SIZE	PERCENTAGE OF U.S. RDA <sup>1</sup>
<b>FISH AND SEAFOOD</b>		
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, or canned, drained	3 ounces	+
Trout, baked or broiled	3 ounces	+
<b>DRY BEANS, PEAS, AND LENTILS</b>		
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	++
<b>NUTS AND SEEDS</b>		
Pine nuts (pignolias)	2 tablespoons	+
Pumpkin or squash seeds, hulled, roasted	2 tablespoons	+

<sup>1</sup> 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

<sup>2</sup> 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.

<sup>3</sup> 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	PERCENTAGE OF U.S. RDA <sup>1</sup>
<u>BREADS, CEREALS, AND OTHER GRAIN PRODUCTS</u>		
Ready-to-eat cereals, fortified <sup>2</sup>	1 ounce	+
Wheat germ, plain	2 tablespoons	+
<u>MEAT, POULTRY, FISH, AND ALTERNATES</u>		
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		
Baked or broiled	3 ounces	++
Braised	3 ounces	+++
Stew meat, simmered, lean only	3 ounces	+++
Chicken, leg, broiled or roasted, without skin	1 leg	+
Ham, fresh, smoked or cured, roasted, lean only	3 ounces	+
Lamb:		
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:		
Ground, cooked	3 ounces	+
Light or dark meat, roasted, without skin	3 ounces	+
Veal:		
Chop, braised, lean only	1 chop	+
Ground, cooked	1 patty	+
Roast, leg, roasted, lean only	3 ounces	++

Footnotes at end of table.

Table 15--Good Sources of Zinc--Continued

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

<sup>1</sup> 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

<sup>2</sup> 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.

Table 16--Good Sources of Copper

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

Footnote at end of table.

Table 16--Good Sources of Copper--Continued

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

<sup>1</sup> 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 17--Good Sources of Potassium

FOOD	SELECTED SERVING SIZE	POTASSIUM PER SERVING <sup>1</sup>
<u>BREADS, CEREALS, AND OTHER GRAIN PRODUCTS</u>		
Ready-to-eat cereals:		
Oat flakes, fortified with soy flour	1 ounce	+
100% bran cereals <sup>2</sup>	1 ounce	++
<u>FRUITS</u>		
Apricots:		
Dried, cooked, unsweetened	1/2 cup	+++
Dried, uncooked	1/4 cup	++
Banana, raw	1 medium	++
Cantaloup, raw	About 1/2 cup diced	+
Grapefruit juice:		
Fresh	3/4 cup	+
Canned or reconstituted frozen, unsweetened	3/4 cup	+
Honeydew melon, raw	About 3/4 cup diced	+
Melon balls (cantaloup and honeydew), frozen, unsweetened	1/2 cup	+
Nectarine, raw	1 medium	+
Orange juice:		
Canned	3/4 cup	+
Fresh, or reconstituted frozen, unsweetened	3/4 cup	++
Peaches:		
Dried, cooked, unsweetened	1/2 cup	++
Dried, uncooked	1/4 cup	++
Pears, dried, cooked, unsweetened	1/2 cup	+
Pomegranate, raw	1 medium	++
Prunes, dried, cooked, unsweetened	1/2 cup	++
Prune juice, unsweetened	1/2 cup	++
Raisins	1/4 cup	+
Watermelon, raw	About 1-3/4 cups diced	+
<u>VEGETABLES</u>		
Artichoke, globe (french), cooked	1 medium	+
Asparagus, cooked	1/2 cup	+
Beans:		
Green, cooked	1/2 cup	+
Lima, cooked	1/2 cup	+++
Cauliflower, cooked	1/2 cup	+
Chard, cooked	1/2 cup	++
Corn, cooked	1/2 cup	+
Jerusalem artichoke, raw	1/2 cup	+
Mushrooms, cooked	1/2 cup	+
Parsnips, cooked	1/2 cup	+

Footnotes at end of table.

Table 17--Good Sources of Potassium--Continued

FOOD	SELECTED SERVING SIZE	POTASSIUM PER SERVING <sup>1</sup>
Peas, green, cooked	1/2 cup	+
Plantain, green or ripe, boiled	1 medium	+++
Potato:		
Baked or boiled, with skin	1 medium	+++
Baked or boiled, without skin	1 medium	++
Pumpkin, cooked	1/2 cup	++
Rutabaga, cooked	1/2 cup	+
Spinach, cooked	1/2 cup	++
Squash, winter, cooked, mashed	1/2 cup	+++
Sweetpotato:		
Baked	1 medium	++
Boiled	1 medium	+
Tomatoes:		
Raw	1 medium	+
Stewed	1/2 cup	++
Tomato juice, canned	3/4 cup	++
Tomato-vegetable juice or tomato juice cocktail, canned	3/4 cup	++
<u>MEAT, POULTRY, FISH, AND ALTERNATES</u>		
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	+
Braised	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	+
Pork:		
Chop, baked or broiled, lean only	1 chop	+
Cutlet or steak, baked or broiled, lean only	1 cutlet	++
Ground, cooked	3 ounces	+
Roast, roasted, lean only:		
Loin	3 ounces	+
Shoulder	3 ounces	+

Footnotes at end of table.

Table 17--Good Sources of Potassium--Continued

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

Footnotes at end of table.



Table 17--Good Sources of Potassium--Continued

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

Table 18--Sources of Dietary Fiber

FOOD	SELECTED SERVING SIZE <sup>1</sup>
<u>BREADS, CEREALS, AND OTHER GRAIN PRODUCTS</u>	
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:	
Instant, fortified, prepared	2/3 cup
Regular or quick, cooked	2/3 cup
Pita Bread, whole-wheat	1 small
Ready-to-eat bran cereals	1 ounce
Rolls:	
Multigrain	1 large
Whole-wheat	1 medium
<u>FRUITS</u>	
Apples:	
Raw	1 medium
Dried, cooked, unsweetened	1/2 cup
Applesauce, unsweetened	1/2 cup
Apricots, dried:	
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	1
Kiwifruit, raw	1 medium
Mango, raw	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
Dried, uncooked	1/4 cup
Prunes, dried:	
Cooked, unsweetened	1/2 cup
Uncooked	1/4 cup

Footnote at end of table.

Table 18--Sources of Dietary Fiber--Continued

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

<sup>1</sup> A selected serving size contains at least 2 grams of dietary fiber.

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