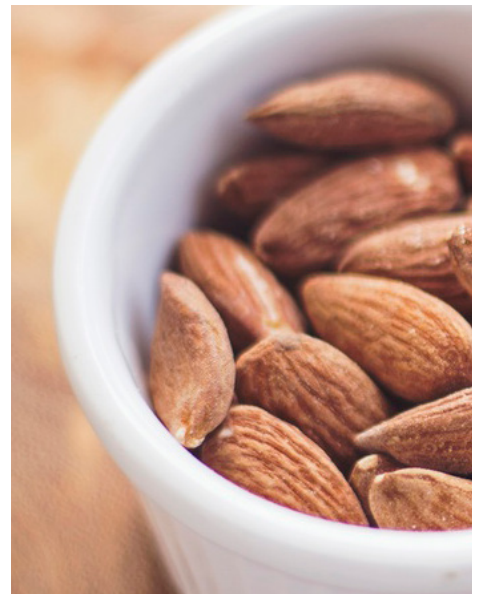


# The Most Nutritious Foods Lists



# The Top 10 Foods Highest in Vitamin A

5000IU = 100% DV for Vitamin A

01

## Sweet Potatoes

- 1 cup of **baked sweet potato** (200g) provides 769% DV
- An **average baked sweet potato** (114g) provides 438% DV



02

## Carrots

- 1 cup of **sliced cooked carrots** (156g) provides 532% DV
- An **average cooked carrot** (46g) provides 157% DV
- 1 cup of **sliced raw carrots** (122g) provides 408% DV



03

## Dark Leafy Greens

Vitamin A per cup cooked (~130g):

- **Spinach** (377%) • **Kale** (354%)
- **Dandelion Greens** (305%) • **Collards** (289%)
- **Beet and Turnip Greens** (220%)
- **Swiss Chard** (214%)
- **Pak Choi** (144%)



04

## Squash

Vitamin A per cup cooked and cubed (~205g):

- **Butternut** (457%)
- **Pumpkin (Mashed)** (282%)
- **Hubbard** (275%)
- **Average Winter Squash** (214%)



05

## Lettuce

Vitamin A per cup shredded (~50g):

- **Cos or Romaine** (82%)
- **Green Leaf** (53%) • **Red Leaf** (42%)
- **Butterhead** (36%)
- **Chicory** (33%)



06

## Dried Fruit

Vitamin A per cup (~130g):

- **Dried Apricots** (302%)
- **Prunes** (24%)
- **Dried Peaches** (17%)



07

## Cantaloupe

- A cup (160g) of **cubed melon** provides 108% DV
- A **wedge** (69g) of cantaloupe provides 47% DV



08

## Sweet Bell Peppers

- 1 **large red pepper** (164g) provides 103% DV
- 1 **large green pepper** provides 12% DV
- 1 **large yellow pepper** provides 7% DV
- 1 **cup of chopped red peppers** (149g) provides 93% DV

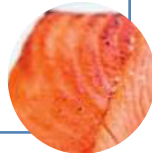


09

## Tuna Fish

Vitamin A per 3oz filet (~85g):

- **Bluefin Tuna** (43%)
- **Sturgeon** (15%) • **Mackerel** (14%)
- **Oysters** (8%)



10

## Tropical Fruit

- An average **mango** (336g) provides 73% DV
- A small **papaya** (157g) provides 30% DV



# The Top 10 Foods Highest in Vitamin B1 (Thiamin)

1.4mg = 100% DV for Vitamin B1

## 01 Fish

Vitamin B1 per 3oz filet (~85g):

- **Trout (24% DV)**
- **Salmon (19%)** • **Tuna (16%)**
- **Shad (10%)** • **Mackerel (9%)**



## 02 Pork

- An average **3oz (85g) serving of lean pork loin, tenderloin, and chops** provides **51%-63% DV**



## 03 Seeds

Vitamin B1 per ounce (28g, ~1 handful):

- **Flax (31%)** • **Sunflower (28%)**
- **Sesame (22%)** • **Chia (16%)**
- **Pumpkin and Squash (5%)**



## 04 Nuts

Vitamin B1 per ounce (28g, ~1 handful):

- **Macadamia (13%)** • **Pistachio (13%)**
- **Brazil Nuts (12%)** • **Pecans (9%)**
- **Cashews (7%)**



## 05 Bread

Vitamin B1 per slice/piece (~29g):

- **Whole Wheat Bread (9%)**
- **Wheat Bagel (26%)**
- **Whole Wheat English Muffin (16%)**
- **Rye Bread (9%)**



## 06 Green Peas

- A cup (160g) of **green peas** provides **30% DV**
- A cup (165g) of **sweet corn** provides **19% DV**



## 07 Squash

Vitamin B1 per cup cubes (~205g):

- **Acorn Squash (23%)**
- **Hubbard (10%)**
- **Butternut (10%)**



## 08 Asparagus

- 1 cup of **Asparagus (180g)** provides **20% DV**
- 4 spears of **Asparagus (60g)** provide **6% DV**



## 09 Roasted Soybeans

- 1 cup (93g) of **Dry Roasted Soybeans** has **26% DV**
- 1 ounce (28g, a handful) of **Dry Roasted Soybeans** provides **6% DV**



## 10 Beans

Vitamin B1 per cup cooked (182g):

- **Navy Beans (29%)** • **Pink Beans (29%)**
- **Black Beans (28%)** • **Mung Beans (22%)**



# The Top 10 Foods Highest in Vitamin B2 (Riboflavin)

1.7mg = 100% DV for Vitamin B2

## 01 Cheese

Vitamin B2 per ounce (28g):

- Gjetost (23%) • Hard Goat Cheese (20%)
- Feta (14%) • Roquefort (10%)
- Brie (9%) • Camembert (8%)
- Parmesan (8%)



## 02 Nuts

Vitamin B2 per ounce (28g):

- Almonds (17%) • Mixed Nuts (8%)
- Pistachios (4%) • Pine Nuts (4%)
- Cashews (4%)



## 03 Beef and Lamb

- An average steak (175g) provides 89% DV
- A 3oz (85g) steak provides 43% DV
- A 3oz portion of lamb leg provides 21% DV
- A 3oz portion of veal provides 20% DV



## 04 Fish

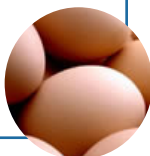
Vitamin B2 per 3 ounce fillet (85g):

- Mackerel (29%) • Wild Salmon (24%)
- Trout (21%) • Tuna (15%)
- Herring (15%) • Salmon (11%)



## 05 Eggs

- A cup (136g) of chopped hard boiled has 41% DV
- A hard boiled egg provides 15% DV
- Raw, fried, or scrambled egg has 13% DV
- A poached egg contains 11% DV



## 06 Pork

Vitamin B2 per 3 ounce serving (85g):

- Sirloin (26%) • Ground Pork (24%)
- Shoulder (23%) • Loin (22%)
- A single pork chop (169g) has (38%)



## 07 Mushrooms

- 1 cup (108g) of cooked white mushrooms - 29%
- 1 cup (121g) of cooked portabellas - 29%
- 8 (30g) dried shiitake mushrooms - 22%
- 1 cup (72g) of raw brown criminis - 21%



## 08 Seeds

Vitamin B2 per ounce (28g, about a handful):

- Sesame (8%) • Sunflower (6%)
- Chia (3%) • Pumpkin Seeds (3%)
- Squash Seeds (3%) • Flax (3%)



## 09 Seafood

Vitamin B2 per 3oz portion (~85g):

- Squid (23%) • Oysters (22%)
- Clams (21%) • Mussels (21%)



## 10 Vegetables

Vitamin B2 per cup cooked (~180g):

- Spinach (25%) • Beet Greens (24%)
- Asparagus (14%) • Drumstick leaves (13%)
- Collards (12%) • Dandelion (11%)
- Chinese Broccoli (8%)



# The Top 10 Foods Highest in Vitamin B3 (Niacin)

20mg = 100% DV for Vitamin B3

01

## Fish

Vitamin B3 per 3oz filet (~85g):

- **Skipjack Tuna** (80% DV) • **Mackerel** (45%)
- **Bluefin Tuna** (45%) • **Wild Salmon** (43%)
- **Swordfish** (39%) • **Farmed Salmon** (34%)
- **Halibut** (34%)



02

## Chicken And Turkey

- 3 ounces (85g, or half a **chicken breast**) provides 63% DV
- 3 ounces (85g) of **turkey** provides 50% DV



03

## Pork

Vitamin B3 per 3 ounce serving (85g):

- **Lean chop** (46%) • **Lean mince** (44%)
- **Sirloin** (35%)
- A **boneless pork chop** (142g) has 77%

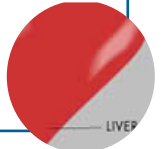


04

## Liver

Vitamin B3 per 3 ounce serving (85g):

- **Beef** (75%) • **Lamb** (71%)
- **Veal** (61%) • **Chicken** (57%)
- **Pork** (36%)



05

## Peanuts

- 1 cup (144g) of **chopped peanuts** provides 100% DV
- 1 ounce (28g) of **chopped peanuts** provides 19% DV
- 2 tablespoons (32g) of **peanut butter** provides 22% DV



06

## Beef

Vitamin B3 per 3oz serving (~85g):

- **Lean Rib** (39%) • **Lean Sirloin Steak** (38%)
- **Beef Fillet** (37%) • **Tenderloin** (36%)



07

## Mushrooms

Vitamin B3 per cup sliced (70g-120g):

- **Grilled Portobello** (38%) • **Cooked White** (35%)
- **Raw Oyster** (21%) • **Raw Brown** (14%)
- **Raw Chanterelle** (11%)



08

## Green Peas

- 1 cup (160g) of **cooked green peas** provides 16% DV



09

## Seeds

Vitamin B3 per ounce (28g):

- **Sunflower seeds** (12%) • **Chia** (12%)
- **Sesame** (8%) • **Pumpkin and Squash** (7%)



10

## Avocados

- 1 cup of cubed **avocado** (150g) provides 13% DV
- An average **avocado** (201g) provides 17% DV



# The Top 10 Foods Highest in Vitamin B5

10mg = 100% DV for Vitamin B5

01

## Mushrooms

Vitamin B5 per cup sliced (70g-120g):

- **Cooked Shiitake** (52%) • **Cooked White** (34%)
- **Cooked Portobello** (15%) • **Raw Brown** (11%)
- **Raw Oyster** (11%)
- **Raw Chanterelle** (6%)



02

## Cheese

Vitamin B5 per ounce (28g):

- **Gjetost** (9%) • **Roquefort** (5%)
- **Blue Cheese** (5%) • **Camembert** (4%)
- **Feta** (3%)



03

## Fish

Vitamin B5 per 3 ounce fillet (85g):

- **Trout** (19%) • **Rainbow Trout** (17%)
- **Wild Salmon** (16%) • **Farmed Salmon** (13%)
- **Tuna** (12%)



04

## Avocados

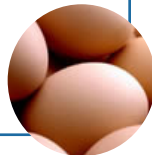
- 1 cup of cubed **avocado** (150g) provides 21% DV
- An average **avocado** (201g) provides 28% DV



05

## Eggs

- 1 large egg (50g) provides 7% DV
- 1 large egg yolk (17g) provides 6% DV
- 1 large egg white (33g) provides 1% DV



06

## Lean Pork

Vitamin B5 per 3 ounce serving (85g):

- **Sirloin** (14%) • **Lean Ribs** (14%)
- **Lean Loin** (14%) • **Lean Shoulder** (12%)
- **Ground Pork** (7%)
- A **boneless pork chop** (142g) has 20%

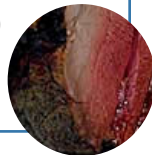


07

## Beef and Veal

Vitamin B5 per 3oz serving (~85g):

- **Veal Shoulder** (14%) • **Rib of Veal** (12%)
- **Lean Beef Steak** (12%) • **Veal Sirloin** (11%)



08

## Chicken and Turkey

Vitamin B5 per 3oz serving (~85g):

- **Chicken Leg, Thigh, and Drumstick** (11%)
- **Turkey Leg** (10%) • **Chicken Breast** (9%)
- **Turkey Light Meat** (8%)
- A **Chicken Drumstick** (96g) has 11%



09

## Seeds

Vitamin B5 per ounce (28g):

- **Sunflower Seeds** (20%) • **Flax** (12%)
- **Pumpkin and Squash** (2%)



10

## Sweet Potato

- 1 cup of baked **sweet potato** (200g) provides 18%
- An average **sweet potato** (114g) provides 10% DV



# The Top 10 Foods Highest in Vitamin B6

2mg = 100% DV for Vitamin B6

## 01 Seeds

Vitamin B6 per ounce (28g):

- **Sunflower Seeds** (19% DV) • **Sesame** (11%)
- **Flax** (7%) • **Pumpkin and Squash** (2%)



## 02 Nuts

Vitamin B6 per ounce (28g):

- **Pistachios** (16%) • **Hazelnuts** (9%)
- **Walnuts** (8%) • **Peanuts** (6%)
- **Macadamia** (5%) • **Cashews** (4%)



## 03 Fish

Vitamin B6 per 3 ounce fillet (85g):

- **Tuna** (44%) • **Wild Salmon** (40%)
- **Farmed Salmon** (29%) • **Halibut** (27%)
- **Swordfish** (26%) • **Herring** (22%)



## 04 Turkey and Chicken

Vitamin B6 per 3oz serving (~85g):

- **Turkey Light Meat** (34%)
- **Fat Free Ground Turkey** (46%)
- **Chicken Breast** (28%)
- **Chicken Wings** (26%)
- **A Chicken Drumstick** (96g) has 20%



## 05 Lean Pork

Vitamin B6 per 3 ounce serving (85g):

- **Ground Pork** (36%) • **Sirloin** (33%)
- **Tenderloin** (31%) • **Chops** (30%)
- **A boneless pork chop** (145g) has 52%



## 06 Dried Fruit

Vitamin B6 per half cup (~60g):

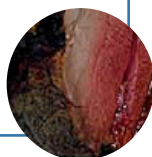
- **Prunes** (26%)
- **Dried Apricots** (16%)
- **Raisins** (14%)



## 07 Lean Beef

Vitamin B6 per 3oz serving (~85g):

- **Lean Ribs** (30%) • **Sirloin Steak** (29%)
- **Filet steak** (28%) • **Rib Eye** (28%)



## 08 Bananas

- 1 cup of mashed **bananas** (225g) provides 41% DV
- An average **banana** (118g) provides 22% DV



## 09 Avocados

- 1 cup of **Puréed California Avocado** (230g) provides 33% DV
- An average **California Avocado** (136g) provides 20% DV
- An average **Avocado** (201g) provides 13%



## 10 Spinach

- 1 cup of cooked spinach (180g) provides 22% DV
  - 1 cup of raw spinach (30g) provides 3% DV\*
- \*Raw spinach provides less due to having more water and being less concentrated.



# The Top 10 Foods Highest in Vitamin B9 (Folate)

400mcg (micrograms, µg) = 100% DV for Vitamin B9

01

## Beans

Vitamin B9 per cup cooked (~170g):

- **Black Eyed Peas** (89%) • **Mung Beans** (80%)
- **Pintos** (74%) • **Chickpeas** (71%)
- **Pink Beans** (71%) • **Limas** (68%)
- **Black Beans** (64%) • **Navy Beans** (64%)
- **Kidney Beans** (58%) • **Pak Choi** (144%)



02

## Lentils

- 1 cup (198g) of cooked **lentils** provides 90% DV
- 1 tablespoon (12g) of cooked **lentils** provides 5% DV



03

## Dark Leafy Greens

Vitamin B9 per cup cooked (~180g):

- **Spinach** (66%) • **Turnip Greens** (42%)
- **Pak Choi** (17%) • **Savoy Cabbage** (17%)
- **Collard Greens** (8%)



04

## Asparagus

- Half a cup (90g) of **asparagus** provides 34% DV
- 4 spears (60g) of **asparagus** provides 22% DV



05

## Lettuce

Vitamin B9 per cup shredded (~50g):

- **Endive** (18%) • **Cos or Romaine** (16%)
- **Butterhead** (10%) • **Salad Cress** (10%)
- **Chicory** (8%) • **Arugula (Rocket)** (10%)



06

## Avocado

- 1 cup (150g) of cubed **avocado** provides 30% DV
- An average **avocado (201g)** provides 41% DV



07

## Broccoli

Vitamin B9 per cup cooked (~160g):

- **Broccoli** (42%) • **Chinese Broccoli** (22%)
- **Broccoli Raab** (15%) • **Cauliflower** (14%)
- 1 head of **Broccoli** (180g) provides 49%



08

## Tropical Fruits

Vitamin B9 per fruit (70-340g):

- **Mango** (36%) • **Pomegranate** (27%)
- **Papaya** (15%) • **Guava** (7%)
- **Kiwi** (7%) • **Banana** (6%)



09

## Oranges

- 1 cup (180g) of **orange** segments provides 18% DV
- An average **orange** (121g) provides 12% DV



10

## Bread

Vitamin B9 per cup slice/piece (~30g):

- **Whole Wheat** (6%) • **French Bread** (24%)
- **Italian Bread** (14%) • **Wheat Germ Bread** (8%)





# The Top 10 Foods Highest in Vitamin B12

5000IU = 100% DV for Vitamin A

## 01 Shellfish

Vitamin B12 per 3oz serving (85g):

- **Clams** (1401%) • **Oysters** (408%)
- **Mussels** (340%)
- **20 Small Clams** (190g) provide 3132% DV



## 02 Liver

Vitamin B12 per 3oz serving (85g):

- **Beef Liver** (1178%)
- **Liverwurst Sausage** (189%)
- **Chicken Liver Pâté** (114%)



## 03 Fish

Vitamin B12 per 3oz filet (85g):

- **Mackerel** (317%) • **Smoked Salmon** (257%)
- **Herring** (186%) • **Tuna** (154%)
- **Canned Sardines** (126%)
- **Trout** (106%)



## 04 Crustaceans

Vitamin B12 per 3oz (85g) serving:

- **Crab** (163%) • **Crayfish** (44%)
- **Shrimp** (24%) • **Lobster** (20%)



## 05 Fortified Soy Products

- 3 ounces (85g) of **Fortified Tofu** provides 34% DV
- 1 cup (243g) of **Fortified Soymilk** provides 50% DV



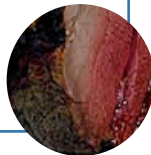
## 06 Fortified Cereals

Most **fortified cereals** provide 10-300% DV per 3oz (85g) serving. Check nutrition labels for more info.



## 07 Red Meat

- A 3oz (85g) serving of **beef** typically provides 85% DV
- 3oz (85g) of **lamb** typically provides 45% DV



## 08 Low Fat Dairy

Vitamin B12 per cup (~245g):

- **Nonfat Yogurt** (25%)
- **Low-Fat Milk** (22%)
- **Skim (Non-Fat) Milk** (21%)
- **Whole Milk** (18%) • **Full Fat Yogurt** (15%)



## 09 Cheese

Vitamin B12 per ounce (28g):

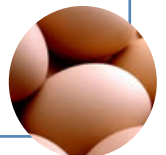
- **Swiss** (16%) • **Low-Fat Mozzarella** (11%)
- **Parmesan** (11%) • **Gjetost** (11%)
- **Tilsit** (10%) • **Feta** (8%)



## 10 Eggs

Vitamin B12 per whole egg (~50-100g):

- **Chicken Eggs** (6%) • **Goose** (122%)
- **Duck** (63%) • **Turkey** (22%)
- **Quail** (2%)



# The Top 10 Foods Highest in Vitamin C

60mg = 100% DV for Vitamin C

## 01 Bell Peppers

Vitamin C per large pepper (~190g):

- **Yellow Bell Peppers** (569% DV)
- **Red Bell Peppers** (305%)
- **Green Bell Peppers** (220%)
- 10 strips (52g) of **Yellow Bell Peppers** provide (159% DV) • **Pak Choi** (144%)



## 02 Guavas

- 1 cup (165g) of **Guavas** provides 628% DV
- A single **Guava** (55g) provides 209% DV



## 03 Dark Leafy Greens

Vitamin C per cup chopped (70g):

- **Kale** (134%) • **Turnip Greens** (55%)
- **Swiss Chard** (18%)
- **Spinach** (14%)



## 04 Kiwifruit

- 1 cup (180g) of **sliced Green Kiwifruit** has 278% DV
- A single **Green Kiwifruit** (69g) has 107% DV
- A **Gold Kiwifruit** (86g) provides 151% DV



## 05 Broccoli

Vitamin C per cup (~90g):

- **Broccoli** (135%) • **Brussels Sprouts** (125%)
- **Green Cauliflower** (94%) • **Cauliflower** (86%)
- **Red Cabbage** (85%) • **Cabbage** (60%)



## 06 Berries

Vitamin C per cup (~160g):

- **Strawberries** (163%) • **Raspberries** (54%)
- **Blackberries** (50%) • **Blueberries** (24%)
- 1 large **Strawberry** (18g) provides 18% DV



## 07 Citrus Fruits

Vitamin C per fruit (75g~600g):

- **Orange** (116%) • **Pummelo** (619%) • **Lemon** (74%)
- **Grapefruit** (114%) • **Clementine** (60%)
- 1 cup (180) of orange sections - 160% DV



## 08 Tomatoes

- 1 cup (240g) of **Tomatoes** provides 91% DV
- A medium **Tomato** (123g) provides 93% DV



## 09 Peas

- 1 cup (63g) of **Podded Peas** provides 63% DV
- 10 pods (34g) provide 34% DV
- 1 cup (63g) of **Green Peas** provides 97% DV



## 10 Papaya and Other Fruit

Vitamin C per cup chunks or balls (~150g):

- **Papaya** (147%) • **Mango** (100%) • **Pineapple** (131%)
- **Cantaloupe** (108%) • **Honeydew** (53%)
- A small **papaya** (157g) provides 15% DV



# The Top 10 Foods Highest in Vitamin D

600IU = 100% of the Daily Value (%DV) for Vitamin D

## 01 Cod Liver Oil

- 1667% DV in 100 grams
- 233% DV per tablespoon (14g)
- 83% DV per teaspoon (5g)



## 02 Oily Fish

%DV per 3 ounce serving (85g, or an average fillet):

- Trout (108%) • Smoked Salmon (97%)
- Swordfish (94%) • Canned Trout (86%) • Salmon (75%)
- Mackerel (65%) • Tuna Canned in Oil (38%)
- Halibut (33%) • Herring (30%)
- Sardine (27%) • Tilapia (21%)
- Sole & Flounder (20%) • Tuna Steak (12%)



## 03 Mushrooms

Vitamin D per cup (~86g):

- Maitake (131%) • Portabello (64%) • Morel (23%)
- Chanterelle (19%) • Oyster (4%) • White (1%).

Mushrooms exposed to sunlight when growing, or before eating, provide much more vitamin D.



## 04 Fortified Cereals

Vitamin D per 3/4 cup (~30g):

- Whole Grain Total (17%) • Total Raisin Bran (17%)
- Kellogg's Raisin Bran (15%)
- Kellogg's All Bran (9%)
- Kellogg's All-Bran Complete Wheat Flakes & Special K (7%)



## 05 Tofu

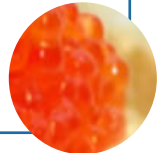
Vitamin D per 3 ounces (85g, ~a cup):

- Lite Silken Tofu (21%)
- Sprouted Tofu, Extra Firm Tofu & Firm Tofu (14%)
- Soy Yogurt (3%)



## 06 Caviar

- 20% DV per 100g
- 6% DV per ounce (28g)
- 3% DV per tablespoon (16g)



## 07 Dairy Products

Vitamin D per cup:

- Butter (23%) • Queso Fresco (22%)
- Buttermilk, Fortified Low Fat Fruit Yogurt, Fortified Milk & Fortified Goat's Milk (21%)
- Fortified Semi-Skimmed Milk (20%)
- Fortified Skimmed Milk (19%)



## 08 Pork

Vitamin D per 3 ounce serving (85g):

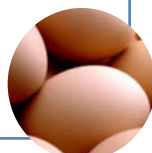
- Spare Ribs (15%) • Extra Lean Ham (12%)
- Turkey & Pork Sausage (12%)
- Pork Shoulder (9%)
- Pork Loin (8%)



## 09 Eggs

Vitamin D per egg:

- Raw, Scrambled, Hard Boiled, Poached and Omelet (7%)
- Duck Egg (8%)
- Goose Egg (16%)



## 10 Dairy Alternatives

Vitamin D per cup:

- Soy Yogurt (22%)
- Soymilk (20%)
- Almond Milk, Chocolate Almond Milk, Nonsoy Imitation Milk, Rice Drink (17%)



# The Top 10 Foods Highest in Vitamin E

20mg = 100% DV for Vitamin E

## 01 Dark Leafy Greens

Vitamin E per cup cooked (~180g):

- Spinach (18% DV) • Swiss Chard (16%)
- Turnip Greens (13%) • Collards (8%)
- Kale (5%)



## 02 Nuts

Vitamin E per ounce (28g, 1 handful):

- Almonds (35% DV) • Hazelnuts (21%)
- Pistachios (3%) • Pecans (2%)
- Walnuts (2%)



## 03 Seeds

Vitamin E per ounce (28g, 1 handful):

- Sunflower Seeds (49% DV)
- Pumpkin and Squash Seeds (3%)
- Sesame Seeds (3%)



## 04 Avocados

- 1 cup (150g) of cubed avocado provides 15% DV
- 1 avocado (201g) provides 20% DV



## 05 Shellfish

Vitamin E per 3 ounces (85g):

- Shrimp (9% DV)
- Oysters (7%)
- Crayfish (6%)



## 06 Fish

Vitamin E per 3 ounce fillet (85g):

- Rainbow Trout (11% DV) • Swordfish (10%)
- Herring (6%) • Salmon (5%)



## 07 Plant Oils

Vitamin E per Tablespoon (~14g):

- Olive Oil (10% DV) • Wheat Germ (101%)
- Sunflower (28%) • Grapeseed (19%)
- Canola (12%) • Corn Oil (10%)



## 08 Broccoli

- 1 cup (156g) of chopped Broccoli provides 10% DV
- 1 head or stalk of Broccoli (180g) provides 13% DV



## 09 Squash and Pumpkin

Vitamin E per cup (~140g):

- Butternut Squash (13% DV)
- Mashed Sweet Potato (15%)
- Pumpkin (9%)



## 10 Fruits

Vitamin E per cup (180g):

- Kiwi Fruit (13% DV) • Mamey Sapote (18%)
- Blackberries (8%) • Mangoes (7%)
- Peaches (7%) • Apricots (7%)
- Guavas (6%) • Raspberries (5%)



# The Top 10 Foods Highest in Calcium

1000mg = 100% DV for Calcium

## 01 Dark Leafy Greens

Calcium per cup chopped and raw (35g):

- **Watercress** (12% DV) • **Curly Kale** (14%)
- **Dandelion Greens** (10%)
- **Turnip Greens** (10%)
- **Arugula** (6%) • **Collards** (5%)
- **Pak Choi** (144%)



## 02 Low Fat Cheese

Calcium per ounce (28g):

- **Nonfat Mozzarella** (27% DV)
- **Reduced Fat Parmesan** (31%)
- **Low Fat Swiss** (27%)
- **Full Fat (Regular) Swiss** (22%)
- **Full Fat (Regular) Cheddar** (22%)



## 03 Low Fat Milk and Yogurt

Calcium per cup (245g):

- **Non-fat Yogurt** (49% DV)
- **Low-fat Yogurt** (45%) • **Full-Fat Yogurt** (30%)
- **Non-fat Milk** (31%) • **Low-Fat Milk** (30%)
- **Full-Fat Whole Milk** (28%)



## 04 Chinese Cabbage

Calcium per cup cooked (70g):

- **Pak Choi (Bok Choy)** (7% DV)
- **Green Cabbage** (4%)
- **Red Leaf Cabbage** (3%)



## 05 Fortified Soy Products

Calcium per cup (~245g):

- **Calcium Fortified Tofu** (86% DV)
- **Calcium Fortified Soymilk** (25%)



## 06 Okra

- A cup (160g) of **Cooked Okra** provides 12% DV
- 8 Pods (Pieces) (85g) of **Okra** provide 7% DV



## 07 Broccoli

- A cup (91g) of Chopped **Raw Broccoli** has 4% DV
- A cup (156g) of Chopped **Cooked Broccoli** has 6% DV
- A stalk (head) (151g) of **Raw Broccoli** has 7%



## 08 Green Snap Beans

- A cup (110g) of **Raw Beans** provides 4% DV
- A cup (125g) of **Cooked Beans** has 6% DV



## 09 Almonds

- A cup (143g) of **Whole Almonds** provides 38% DV
- An ounce (28g) of **Almonds** provides 7% DV



## 10 Canned Fish

Calcium per ounce (28g):

- **Sardines** (11% DV)
- **Pink Salmon** (8%)
- **Anchovies** (6%)
- **Shrimp** (4%)



# Vegetables High in Calcium


1000mg = 100% DV for Calcium

- 01 Collard Greens**  
Calcium in 100g - **23% DV**  
Per cup, chopped (36g) - **8% DV**  
Per cup, cooked (190g) - **27% DV**
- 02 Curly (Scotch) Kale**  
Calcium in 100g - **21% DV**  
Per cup, chopped (67g) - **14% DV**  
Per cup, cooked (130g) - **17% DV**
- 03 Turnip Greens**  
Calcium in 100g - **19% DV**  
Per cup, chopped (55g) - **10% DV**  
Per cup, cooked (144g) - **20% DV**
- 04 Arugula (Rocket)**  
Calcium in 100g - **16% DV**  
Per ½ cup (10g) - **2% DV**  
Per leaf (2g) - **0% DV**
- 05 Kale**  
Calcium in 100g - **15% DV**  
Per cup, pieces (16g) - **2% DV**  
Per cup, cooked (130g) - **9% DV**
- 06 Spinach (Cooked)**  
Calcium in 100g - **14% DV**  
Per cup (180g) - **24% DV**  
Per cup, raw (30g) - **3% DV**
- 07 Watercress**  
Calcium in 100g - **12% DV**  
Per cup, chopped (34g) - **4% DV**  
Per 10 sprigs (25g) - **3% DV**
- 08 Mustard Greens (Cooked)**  
Calcium in 100g - **12% DV**  
Per cup, chopped (140g) - **17% DV**  
Per cup, raw (56g) - **6% DV**
- 09 Broccoli Raab (Cooked)**  
Calcium in 100g - **12% DV**  
Per serving (85g) - **10% DV**  
Per bunch (437g) - **52% DV**
- 10 Beet Greens**  
Calcium in 100g - **16% DV**  
Per cup (38g) - **4% DV**  
Per ½ cup (19g) - **2% DV**
- 11 Pak Choi (Chinese Cabbage)**  
Calcium in 100g - **11% DV**  
Per cup, shredded (70g) - **7% DV**  
Per head (840g) - **88% DV**
- 12 Okra**  
Calcium in 100g - **8% DV**  
Per cup (100g) - **8% DV**  
Per 8 pods (95g) - **8% DV**
- 13 Garden Cress**  
Calcium in 100g - **8% DV**  
Per cup (50g) - **4% DV**  
Per sprig (1g) - **0% DV**
- 14 Leeks**  
Calcium in 100g - **6% DV**  
Per leek (89g) - **5% DV**  
Per slice (6g) - **0% DV**
- 15 Swiss Chard (Cooked)**  
Calcium in 100g - **6% DV**  
Per cup, chopped (175g) - **10% DV**  
Per cup, raw (36g) - **2% DV**
- 16 Snap Beans (Cooked)**  
Calcium in 100g - **6% DV**  
Per cup, pieces (116g) - **6% DV**  
Per ½ cup, pieces (58g) - **3% DV**
- 17 Endive**  
Calcium in 100g - **5% DV**  
Per ½ cup, chopped (25g) - **1% DV**  
Per head (513g) - **27% DV**
- 18 Fennel**  
Calcium in 100g - **5% DV**  
Per cup, sliced (87g) - **4% DV**  
Per bulb (234g) - **11% DV**
- 19 Cabbage (Cooked)**  
Calcium in 100g - **5% DV**  
Per ½ cup, shredded (75g) - **4% DV**  
Per head (1262g) - **61% DV**
- 20 Butternut Squash**  
Calcium in 100g - **5% DV**  
Per cup, cubes (140g) - **7% DV**  
Per cup, cooked (205g) - **8% DV**
- 21 Broccoli**  
Calcium in 100g - **5% DV**  
Per cup, chopped (91g) - **4% DV**  
Per spear (31g) - **1% DV**
- 22 Artichokes (Globe)**  
Calcium in 100g - **4% DV**  
Per large artichoke (162g) - **7% DV**  
Per medium artichoke (128g) - **6% DV**
- 23 Rutabagas (Swede)**  
Calcium in 100g - **4% DV**  
Per cup, cubes (140g) - **6% DV**  
Per small Swede (192g) - **8% DV**
- 24 Brussels Sprouts**  
Calcium in 100g - **4% DV**  
Per cup (88g) - **4% DV**  
Per sprout (19g) - **1% DV**
- 25 Celery (Cooked)**  
Calcium in 100g - **4% DV**  
Per cup, diced (150g) - **6% DV**  
Per 2 stalks (75g) - **3% DV**
- 26 Sweet Potato**  
Calcium in 100g - **4% DV**  
Per cup (200g) - **8% DV**  
Per potato (114g) - **4% DV**
- 27 Lettuce (Green)**  
Calcium in 100g - **4% DV**  
Per cup, shredded (36g) - **1% DV**  
Per head (360g) - **13% DV**
- 28 Lima Beans**  
Calcium in 100g - **3% DV**  
Per cup (156g) - **5% DV**  
Per cup, cooked (170g) - **5% DV**
- 29 Carrots**  
Calcium in 100g - **3% DV**  
Per cup, sliced (122g) - **4% DV**  
Per carrot (61g) - **2% DV**
- 30 Turnips**  
Calcium in 100g - **3% DV**  
Per cup, cubes (156g) - **5% DV**  
Per cup, mashed (230g) - **8% DV**


# Fruits High in Calcium

1000mg = 100% DV for Calcium


**01** **Rhubarb**  
Calcium in 100g - **9% DV**  
Per cup, diced (122g) - **10% DV**  
Per stalk (51g) - **4% DV**




**02** **Kumquats**  
Calcium in 100g - **6% DV**  
Per 2 fruits (38g) - **2% DV**  
Per fruit (19g) - **1% DV**




**03** **Blackcurrants**  
Calcium in 100g - **6% DV**  
Per cup (112g) - **6% DV**  
Per 1/2 cup (56g) - **3% DV**




**04** **Oranges**  
Calcium in 100g - **4% DV**  
Per cup, sections (180g) - **7% DV**  
Per orange (131g) - **5% DV**



**05** **Tangerines**  
Calcium in 100g - **4% DV**  
Per cup, sections (195g) - **7% DV**  
Per tangerine (88g) - **3% DV**




**06** **Figs**  
Calcium in 100g - **4% DV**  
Per large fig (64g) - **2% DV**  
Per small fig (40g) - **1% DV**




**07** **Kiwi Fruit (Green)**  
Calcium in 100g - **3% DV**  
Per cup, sliced (180g) - **6% DV**  
Per fruit (69g) - **2% DV**




**08** **Limes**  
Calcium in 100g - **3% DV**  
Per 2 limes (134g) - **4% DV**  
Per lime (67g) - **2% DV**




**09** **Clementine**  
Calcium in 100g - **3% DV**  
Per 2 fruits (148g) - **4% DV**  
Per fruit (74g) - **2% DV**




**10** **Blackberries**  
Calcium in 100g - **3% DV**  
Per cup (144g) - **4% DV**  
Per 1/2 cup (72g) - **2% DV**




**11** **Persimmons**  
Calcium in 100g - **3% DV**  
Per 2 fruits (50g) - **2% DV**  
Per fruit (25g) - **1% DV**




**12** **Lemons**  
Calcium in 100g - **3% DV**  
Per cup, sections (212g) - **6% DV**  
Per lemon (84g) - **2% DV**




**13** **Raspberries**  
Calcium in 100g - **3% DV**  
Per cup (123g) - **3% DV**  
Per 10 fruits (19g) - **0% DV**



**14** **Pink Grapefruit**  
Calcium in 100g - **2% DV**  
Per cup, sections (230g) - **5% DV**  
Per half (123g) - **3% DV**




**15** **Papaya**  
Calcium in 100g - **2% DV**  
Per cup, pieces (145g) - **3% DV**  
Per small papaya (157g) - **3% DV**



**16** **Guavas**  
Calcium in 100g - **2% DV**  
Per cup (165g) - **3% DV**  
Per fruit (55g) - **1% DV**



**17** **Strawberries**  
Calcium in 100g - **2% DV**  
Per cup, halves (152g) - **2% DV**  
Per large strawberry (18g) - **0% DV**



# The Top 10 Foods Highest in Copper

2mg = 100% DV for Copper

## 01 Seafood

Copper per 3oz serving (85g, ~12 Small Oysters):

- **Oysters** (243% DV) • **Squid** (90%)
- **Lobster** (66%) • **Crab** (50%)
- **Octopus** (31%)



## 02 Kale

- 1 cup (67g) of **Raw Chopped Kale** has 12% DV
- 1 cup (130g) of **Cooked Chopped Kale** has 10% DV



## 03 Mushrooms

Copper per cup (~145g):

- **Shiitake** (65% DV)
- **White Button Mushrooms (Cooked)** (39%)
- **Raw Morels** (21%)
- **Raw Brown Italians (Criminis)** (18%)



## 04 Seeds

Copper per ounce (28g, About a handful):

- **Sesame Seeds** (57% DV) • **Sunflower** (26%)
- **Pumpkin and Squash Seeds** (19%)
- **Flaxseeds** (17%)
- **Watermelon Seeds** (10%)



## 05 Nuts

Copper per ounce (28g, About a handful):

- **Cashews** (31% DV) • **Hazelnuts** (25%)
- **Brazil Nuts** (24%) • **Walnuts** (22%)
- **Pine Nuts** (19%) • **Pistachios** (18%)
- **Pecans** (17%) • **Almonds** (14%)



## 06 Beans

Copper per cup cooked (~165g):

- **Chickpeas (Garbanzos)** (29% DV)
- **Soybeans** (35%) • **Adzuki Beans** (34%)
- **Kidney Beans** (26%)
- **White Beans** (26%)



## 07 Dried Fruit

Copper per half cup (~60g):

- **Prunes** (20% DV) • **Dried Apricots** (17%)
- **Currants** (17%) • **Dried Peaches** (16%)
- **Raisins** (15%) • **Dried Figs** (11%)



## 08 Avocados

- 1 **Cup of Puréed Avocado** (230g) provides 22% DV
- 1 **Large Avocado** (201g) provides 19% DV



## 09 Goat Cheese

- 1/2 a **Cup of Soft Goat Cheese** (112g) has 40% DV
- 1 **Ounce (28g) of Soft Goat Cheese** provides 10% DV



## 10 Fermented Soy Foods

Copper per cup (~165g):

- **Tempeh** (47% DV)
- **Miso** (58%)
- **Fermented Tofu** (16%)





# The Top 10 Foods Highest in Iron

18mg = 100% DV for Iron

## 01 Seeds

Iron per ounce (28g, About a handful):

- **Squash and Pumpkin Seeds** (23%)
- **Sesame Seeds** (23%)
- **Sunflower Seeds** (11%)
- **Flax Seeds** (9%)



## 02 Liver

- 1 **Chicken Liver** (44g) provides 32% DV
- 1 tablespoon of **Chicken Liver Pâté** (13g) provides 7% DV
- One ounce of **Liverwurst Sausage** (28g) provides 10% DV



## 03 Seafood

Iron per 3oz serving (85g, About 3 Medium Oysters):

- **Clams** (66%) • **Oysters** (43%)
- **Cuttlefish** (51%) • **Whelks** (48%)
- **Octopus** (45%) • **Mussels** (32%)
- **Abalone** (18%) • **Scallops** (14%)



## 04 Nuts

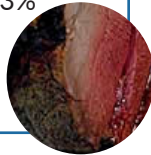
Iron per 3oz serving (85g):

- **Cashews** (9%) • **Pine Nuts** (9%)
- **Hazlenuts** (7%) • **Peanuts** (7%)
- **Almonds** (7%) • **Pistachios** (7%)
- **Macadamia** (6%)



## 05 Beef and Lamb

- A 3oz (85g) serving of **Lean Roast Beef** has 18% DV
- A **Rib-Eye Steak** (10oz, 281g) provides 41% DV
- A serving of **Lean Roast Lamb** (3oz, 85g) has 13%
- A **Lamb Chop** (4oz, 155g) provides 10% DV



## 06 Beans

Iron per Cup Cooked (~180g):

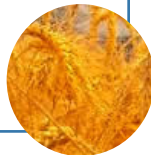
- **Soybeans** (49%) • **White Beans** (37%)
- **Lentils** (37%) • **Kidney Beans** (29%)
- **Garbanzo Beans (Chickpeas)** (26%)
- **Lima Beans** (25%) • **Navy** (24%)
- **Black Beans (Frijoles Negros)** (20%)
- **Pinto** (20%) • **Black-Eyed Peas** (20%)



## 07 Whole Grains\*

Iron per cup cooked (~180g):

- **Quinoa** (15%) • **Oatmeal** (12%)
- **Barley** (12%) • **Rice** (11%) • **Bulgur** (10%)
- **Buckwheat** (7%) • **Millet** (6%)
- **Fortified cereals** provide up to 140% DV of iron per cup, check box labels.



## 08 Dark Leafy Greens

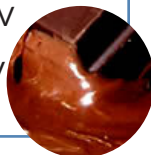
Iron per cup (~180g):

- **Cooked Spinach** (36%)
- **Cooked Swiss Chard** (22%)
- **Cooked Turnip Greens** (16%)
- **Raw Kale** (6%)
- **Raw Beet Greens** (5%)



## 09 Dark Chocolate and Cocoa

- 1 cup of grated (132g) of **Unsweetened Chocolate** provides (128% DV)
- 1 cup (86g) of **Cocoa Powder** provides 66% DV
- A 1.5oz (44g) **Candy Chocolate Bar** has 6% DV



## 10 Tofu

- 1 cup (126g) of **Firm Tofu** provides 19% DV
- 1/4 Block (81g) of **Firm Tofu** provides 12% DV
- 1 cup (243g) of **Soy milk** provides 6% DV



# The Top 10 Foods Highest in Magnesium

400mg = 100% of the Daily Value (%DV) for Magnesium

## 01 Dark Leafy Greens

Magnesium per cup cooked (~180g):

- Spinach (39%) • Swiss Chard (38%)
- Kale (19%) • Collard Greens (13%)
- Turnip Greens (11%)



## 02 Nuts and Seeds

Magnesium per half cup (~100g):

- Squash and Pumpkin Seeds (81%)
- Sesame Seeds (63%) • Brazil Nuts (63%)
- Almonds (48%) • Cashews (44%)
- Pine Nuts (43%) • Mixed Nuts (39%)
- Peanuts (31%) • Pecans (17%)
- Walnuts (16%)



## 03 Fish

Magnesium per 3 ounce (85g) fillet:

- Mackerel (21%) • Pollock (18%)
- Turbot (14%) • Tuna (14%)
- Average Fish (8%)



## 04 Beans and Lentils

Magnesium per cup cooked (~180g):

- Soy Beans (37%) • White Beans (28%)
- French Beans (25%) • Black-Eyed Peas (23%)
- Kidney Beans (21%)
- Chickpeas (Garbanzo) (20%)
- Lentils (18%) • Pinto Beans (16%)



## 05 Whole Grains

Magnesium per cup cooked (~200g):

- Quinoa (26%) • Brown Rice (21%)
- Millet (19%) • Bulgur (15%)
- Buckwheat (13%) • Wild Rice (13%)
- Whole Wheat Pasta (11%)
- Barley (9%) • Oats (7%)



## 06 Avocados

- An Average Avocado (201g) provides 15% DV
- 1/2 cup of Puréed Avocado (115g) provides 9% DV



## 07 Low Fat Dairy

- 1 cup of Non-Fat Yogurt provides 12% DV
- 1 cup (245g) of Non-fat Skim Milk provides 9% DV
- A 1 ounce (28g or 2 cubic inches) slice of Swiss Cheese provides 3% DV



## 08 Bananas

- 1 Medium Banana (118g) provides 8% DV
- 1 cup of a Banana Slices (150g) provides 10% DV



## 09 Dried Fruit

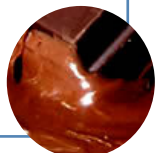
Magnesium per 1/2 cup (~75g):

- Figs (13%) • Prunes (11%) • Apricots (10%)
- Dates (8%) • Raisins (7%)



## 10 Dark Chocolate

- 1 Square (29g) provides 24% DV
- 1 Cup Grated (132g) provides 108% DV



# The Top 10 Foods Highest in Manganese

2mg = 100% DV for Manganese

## 01 Seafood

Manganese per 3oz serving (85g):

- **Mussels** (289% DV) • **Clams** (43%)
- **Crayfish** (22%)



## 02 Nuts

Manganese per ounce (28g):

- **Hazelnuts** (78% DV) • **Pecans** (55%)
- **Walnuts** (48%) • **Macadamia** (43%)
- **Almonds** (32%) • **Cashews** (23%)
- **Pistachios** (17%)



## 03 Seeds

Manganese per ounce (28g):

- **Pumpkin Seeds** (64% DV) • **Chia Seeds** (38%)
- **Sesame Seeds** (35%) • **Flax Seeds** (35%)
- **Sunflower Seeds** (30%)



## 04 Bread

Manganese per slice/piece (30g~65g):

- **Whole Wheat Bread** (35% DV)
- **Whole Wheat English Muffin** (59%)
- **Whole Wheat Pita** (56%)
- **Whole Wheat Roll** (32%)



## 05 Tofu and Tempeh

- 1 cup (252g) of **Firm Tofu** provides 148% DV
- 1 cup (166g) of **Tempeh** provides 108% DV



## 06 Beans

Manganese per cup cooked (170g):

- **Lima Beans** (106% DV) • **Winged Beans** (103%)
- **Chickpeas** (84%) • **Adzuki Beans** (66%)
- **White Beans** (57%)
- **Black-eyed Peas** (47%)
- **Kidney Beans** (42%)



## 07 Fish

Manganese per 3 ounce filet (85g):

- **Bass** (48% DV) • **Trout** (46%)
- **Pike** (44%) • **Perch** (38%)



## 08 Dark Leafy Greens

Manganese per cup cooked (180g):

- **Spinach** (84% DV) • **Amaranth Leaves** (57%)
- **Beet Greens** (37%) • **Swiss Chard** (29%)
- **Kale** (27%) • **Napa Cabbage** (11%)



## 09 Whole Grains

Manganese per cup cooked (195g):

- **Brown Rice** (107% DV) • **Teff** (360%)
- **Quinoa** (58%) • **Buckwheat** (34%)



## 10 Tea

- 1 cup (237g) of **Brewed Black Tea** provides 26% DV
- A fluid ounce (30g) **Brewed Black Tea** has 3% DV



# The Top 10 Foods Highest in Selenium

70mcg (micrograms, µg) = 100% DV for Selenium

01

## Nuts

Selenium per ounce (28g):

- **Brazil Nuts** (767% DV) • **Mixed Nuts** (14%)
- **Cashews** (8%) • **Black Walnuts** (7%)
- **Macadamia Nuts** (5%)



02

## Seafood

Selenium per 3oz serving (85g, ~3 medium oysters):

- **Oysters** (187% DV) • **Mussels** (109%)
- **Octopus** (109%) • **Lobster** (89%)
- **Clams** (78%) • **Squid** (63%) • **Shrimp** (60%)



03

## Fish

Selenium per 3oz fillet (85g):

- **Tuna** (131% DV) • **Rockfish** (93%)
- **Swordfish** (83%) • **Halibut** (67%)
- **Tilapia** (66%) • **Mackerel** (63%)
- **Snapper** (60%)



04

## Whole Wheat Bread

Selenium per slice/piece (30g~65g):

- **Whole Wheat Bread** (16% DV)
- **Oat Bran Bagel** (51%)
- **Large Pita Bread** (40%)
- **English Muffin** (63%)
- **Medium Dinner Roll** (25%)



05

## Seeds

Selenium per ounce (28g, About a handful):

- **Sunflower Seeds** (32% DV) • **Chia Seeds** (22%)
- **Sesame Seeds** (14%) • **Flaxseeds** (10%)
- **Pumpkin and Squash Seeds** (4%)



06

## Pork

Selenium per 3oz serving (85g):

- **Lean Tenderloin** (63% DV) • **Roast Ham** (61%)
- **Lean Pork Mince** (60%)
- **Lean Pork Loin** (59%)
- **A Boneless Pork Chop** (73g) provides 54%



07

## Beef and Lamb

Selenium per 3oz serving (85g):

- **Lean Beef Steak** (54% DV) • **Sirloin** (47%)
- **Lean Lamb Stewing Meat** (46%)
- **Lean Lamb Shoulder** (46%)
- **Lean Lamb Foreshank** (43%)



08

## Chicken and Turkey

Selenium per 3oz serving (85g):

- **Turkey Leg** (46% DV) • **Chicken Breast** (39%)
- **Chicken Thigh** (36%)
- **Stewing Chicken** (35%)



09

## Mushrooms

Selenium per cup sliced (~75g):

- **Raw Criminis** (27% DV) • **Cooked Shiitake** (51%)
- **Cooked Portabellas** (38%)
- **Raw Portabellas** (23%)
- **Cooked White Button Mushrooms** (21%)



10

## Whole Grains

Selenium per cup cooked (~170g):

- **Rye** (34% DV) • **Brown Rice** (27%)
- **Pearl Barley** (19%)
- **Oatmeal** (18%)
- **Quinoa** (7%)



# The Top 10 Foods Highest in Zinc

15mg = 100% DV for Zinc

01

## Seafood

Zinc per 3 ounce serving (85g):

- **Oysters** (445%) • **Crab** (43%)
- **Lobster** (41%)
- **6 Oysters** (42g) provides 220% DV



02

## Beef and Lamb

Zinc per 3 ounce serving (85g):

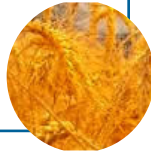
- **Lean Beef Short Ribs** (70% DV)
- **Lean Lamb Forshank** (49%)
- **Lean Lamb Shoulder** (46%)
- **Lean Lamb Stew Meat** (37%)



03

## Wheat Germ

- 1 cup (113g) of **Toasted Wheat Germ** has 126% DV
- 1 oz (28g) of **Toasted Wheat Germ** has 31% DV



04

## Green Leafy Vegetables

Zinc per cup cooked (~180g):

- **Spinach** (9% DV)
- **Amaranth Leaves** (8%)
- **Raw Endive** (2%)
- **Raw Radicchio** (2%)



05

## Seeds

Zinc per ounce (28g):

- **Pumpkin and Squash Seeds** (19%)
- **Sesame Seeds** (19%) • **Sunflower Seeds** (10%)
- **Chia Seeds** (9%)
- **Flaxseeds** (8%)



06

## Nuts

Zinc per ounce (28g):

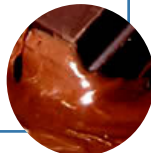
- **Pine Nuts** (12%) • **Cashews** (10%)
- **Pecans** (9%) • **Almonds** (6%)
- **Walnuts** (6%) • **Peanuts** (6%)
- **Hazelnuts** (5%)



07

## Cocoa and Chocolate

- A cup (86g) of **Cocoa Powder** provides 39% DV
- A tablespoon (5g) of **Cocoa Powder** provides 2% DV
- A cup (132g) of **Grated Baking Chocolate** provides 85% DV



08

## Pork and Chicken

- 3 ounces (85g) of **Lean Pork Shoulder** has 28% DV
- 3 ounces (85g) of **Chicken Drumstick** has 18% DV
- 1 **Chicken Drumstick** (42g) provides 9% DV



09

## Beans

Zinc per cup cooked (~160g):

- **Baked Beans** (39% DV) • **Adzuki** (27%)
- **Chickpeas** (17%) • **Kidney Beans** (12%)



10

## Mushrooms

Zinc per cup (60~160g):

- **Cooked White Mushrooms** (9% DV)
- **Raw Morels** (9%) • **Raw Portabellas** (5%)
- **Raw Oysters** (4%) • **Raw White** (5%)
- 4 (76g) **Shiitake Mushrooms Raw** (4%)

