

# Get Your A B C's

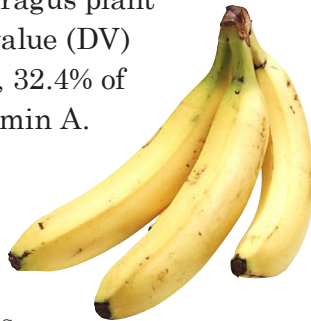
## WITH FRUITS & VEGGIES



To help you understand how much nutrition a particular food contains, the U.S. Food and Drug Administration (FDA) came up with % Daily Value (DV) – meaning how much a food provides as a percentage of the recommended daily intake. Percent DV is based on the needs of an adult consuming a 2,000-calorie diet. Here are the fruits and vegetables that contain high amounts of vitamins A, B, C, and more, based on percentage of the daily recommended intake (% DV):

### Asparagus

The tender shoots of an asparagus plant provide 114.8% of the daily value (DV) of vitamin K, 65.7% of folate, 32.4% of vitamin C, and 19.4% of vitamin A.



### Bananas

Bananas are the top-selling tropical fruit in the United States. Each banana provides 34% of the DV of vitamin B6. They also contain vitamin C, potassium, fiber, and manganese.

### Bell Peppers

The sweet red bell pepper is packed with 291.3% of the DV of vitamin C and 104.9% of vitamin A. Slice them up for a delicious edition to almost any meal.



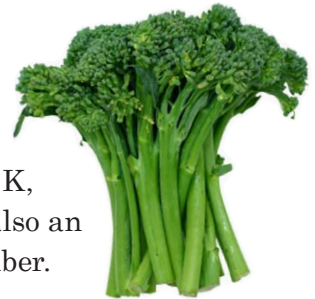
### Berries

Raspberries provide 62% of the DV of manganese and 51.3% of vitamin C. They also contain 33.4% of the DV of fiber. Strawberries are an excellent source of vitamin C (136.1% DV).



### Broccoli

One cup of steamed broccoli contains 205.7% of the DV of vitamin C, 194% of vitamin K, and 45.6% of vitamin A. It is also an excellent source of folate and fiber.



### Brussels Sprouts

This member of the cabbage family is filled with vitamins K (273.5% DV) and C (161.2% DV).

### Cabbage

A serving of this hardy, inexpensive vegetable provides 91.7% of the DV of vitamin K and 50.3% of vitamin C.

### Cantaloupe

Cantaloupes, the most popular melon in the United States, provide 112.5% of the DV vitamin of C and 103.2% of vitamin A.

### Carrots

This family favorite is bursting with vitamin A – providing 686.3% of the DV in just 1 serving.



*% Daily Value tells you if a serving of food provides the recommended daily intake of nutrients.*

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## Cauliflower

Far from being a citrus, cauliflower still provides an impressive 91.5% of the DV of vitamin C per serving.

## Kiwi

Though small, each kiwifruit packs a powerful punch when it comes to vitamin C. Just one serving gives you 95% of the DV of vitamin C.



## Greens

A Southern favorite, greens are filled with nutrients. If you're looking for the vegetable with the highest vitamin K, look at kale. A serving of kale provides 1327.6% of the DV. It's also high in vitamin A (192.4% DV) and vitamin C (88.8% DV).

Spinach is a popular green, leafy vegetable – enjoyed raw or cooked. It's also high in vitamin K (1110.6% DV), vitamin A (377.3% DV), manganese (84% DV), and folate (65.7% DV).



Collard greens provide 880% of the DV of vitamin K, 118.9% of vitamin A, 57.6% of vitamin C, 53.5% of manganese, and more. Mustard greens contain 524.1% of the DV of vitamin K, 84.9% of vitamin A, 59% of vitamin C, plus other nutrients.

## Oranges

Sweet and juicy, oranges are a perfect dessert. They are also high in vitamin C. Each orange contains 116.2% of the DV.

## Papaya

These exotic fruits provide 313.1% of the DV of vitamin C. They are also good sources of folate and potassium.

## Pineapple

A cup of juicy pineapple chunks contains 128% of the recommended daily intake of manganese and 39.8% of vitamin C.



## Romaine Lettuce

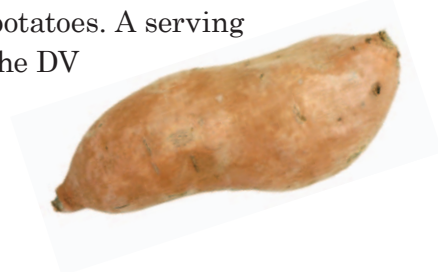
Some lettuce does little more than provide bulk. But if you eat a salad made with romaine lettuce, you're getting good nutritional value. One 2-cup serving contains 143.5% of the DV of vitamin K, 58.2% of vitamin A, and lots of vitamin C, folate, and manganese.

## Sunflower Seeds

If you're looking for a nutritious snack, munch on some sunflower seeds. A quarter cup provides 90.5% of the DV of vitamin E, and 54.7% of thiamine (vitamin B1).

## Sweet Potatoes

These naturally sweet potatoes are a nutritious alternative to white potatoes. A serving gives you 262.2% of the DV of vitamin A as well as vitamin C and manganese.



## Squash

The deeper the color, the more beta-carotene (an A vitamin) a squash contains. Butternut squash provides 457% of the DV of vitamin A and 52% of vitamin C. It's also a good source of manganese, potassium, magnesium, and vitamin E. A quarter-cup of dried pumpkin seeds provides 28.7% of the DV of iron, 46.1% of magnesium, and 52% of manganese.

### Sources:

U.S. Food and Drug Administration. 2009.

U.S. Department of Agriculture, Agricultural Research Service. USDA National Nutrient Database for Standard Reference, Release 21. 2008.

The George Mateljan Foundation for the World's Healthiest Foods. 2009.

