

Apple ORAC:3082 GI: 38  Fiber – 17% Vit. C – 14% 95 = Calories	Apricot 1115 57  Vit. A – 13%	Avocado 1933 n/a  365 Fiber – 40% Vit. K – 39% Folate – 30% Vit. C – 25% Vit. B5 & K – 21% Vit. B6 – 19% Vit. E – 16% Cu – 14% Vit. B3 – 13% Mg, Mn & Vit. B2 – 11% P – 8% Vit. B1 – 7%	Banana 879 52  105 Vit. B6 – 22% Vit. C – 17% Mn – 16% Fiber – 12% K – 12% Mg – 8%	Blackberries 5347 n/a  47 Vit. C – 50% Mn – 47% Vit. K – 36% Fiber – 31% Cu – 12% Vit. E – 8% Folate – 9% Mg & K – 7%
Blueberries 6552 53  84 Vit. K – 36% Mn – 25% Vit. C – 24% Fiber – 14%	Cantaloupe Melon 315 65  54 Vit. A – 108% Vit. C – 98% K – 12% Folate – 8%	Cherries 3365 n/a  97 Vit. C – 16% Fiber – 12% K – 9%	Cranberries 9584 n/a  46 Vit. C – 24% Mn – 20% Fiber – 20% Vit. E – 7% Vit. K – 7%	Fig 3383 61 (1 fig)  21 Fiber – 7%
Grapes 1189 46  104 Vit. K – 28% Vit. C – 27% Cu – 10% K – 8% Vit. B1 – 7%	Grapefruit 1548 25  103 Vit. C – 128% Vit. A – 56% Fiber – 16% K – 10% Vit. B1 – 8% Folate – 8%	Guava 2550 n/a  37 Vit. C – 209% Fiber – 12% Folate – 7% K – 7%	Honeydew Melon 241 n/a  61 Vit. C – 51% K – 11% Folate – 8% Vit. B6 – 7%	Kiwi 882 53  42 Vit. C – 117% Vit. K – 38% Fiber – 9% K – 7%
Mango 1002 51  135 Vit. C – 96% Vit. A – 32% Fiber – 15% Vit. B6 – 14% Vit. E & K – 12% Cu – 11% K – 9% Vit. B1 & B2 – 8% Folate – 7%	Olives n/a n/a (3 olives)*  15 Fe – 6%	Orange 1819 42  69 Vit. C – 116% Fiber – 13% Folate – 10% Vit. B1 – 8% K – 7%	Papaya n/a 58  55 Vit. C – 144% Vit. A – 31% Folate – 13% Fiber – 10% K – 10%	Peach 1814 42  58 Vit. A – 10% Vit. C – 17% Fiber – 9% K – 8%
Pear 2941 38  103 Fiber – 22% Vit. C – 12% Vit. K – 10% Cu – 7%	Pineapple 385 59  82 Vit. C – 131% Mn – 76% Fiber – 9% Vit. B6 – 9% Vit. B1 – 9% Folate – 7%	Plum 6259 39  30 Vit. C – 10%	Pomegranate n/a n/a  234 Vit. K – 58% Fiber – 45% Vit. C – 48% Folate – 27% Cu – 22% K – 19% Mn – 17% Vit. B1 – 13% Vit. B5 & B6 – 11% Vit. B2, Mg & P – 9% Zn – 7%	Raisins 3037 64 (1/2 cup)  K – 18% Cu & Mn – 13% P – 9% Fe – 8% Vit. B6&Mg – 7% Vit. B1&B2 – 6%
Raspberries 4882 n/a  64 Mn – 41% Vit. C – 54% Fiber – 32% Vit. K – 12% Mg – 7%	Rhubarb n/a n/a  26 Vit. K – 45% Vit. C – 16% Mn – 12% Ca – 10% K – 10%	Strawberries 3577 40  46 Vit. C – 141% Mn – 28% Fiber – 12% Folate – 9%	Tomato 546 n/a  22 Vit. A – 20% Vit. C – 26% Vit. K – 12% K – 8% Mn – 7%	Watermelon 142 72  46 Vit. A – 17% Vit. C – 21%

VITAMIN A	VITAMIN E	VITAMIN B1 THIAMIN	VITAMIN B2 RIBOFLAVIN	VITAMIN B3 NIACIN	VITAMIN B5 PANTOTHENIC ACID	VITAMIN B6 PYRIDOXINE	FOLATE VITAMIN B9	VITAMIN C
-essential for vision -boosts immune function -protective against infection -maintains mucous membranes, skin, skeletal and soft tissue	-functions as an antioxidant -red blood cell formation	-carbohydrate metabolism -essential for the heart, muscles and nervous system	-carbohydrate, fat and protein metabolism -growth -red blood cell formation	-essential for brain function, -fatty acid metabolism and energy production in cells -assists in digestive system, skin and nerve function	-carbohydrate, fat and protein metabolism -hormone and cholesterol synthesis -nerve function	-metabolism -insulin and red blood cell production -important for nervous tissue and immune system function	-Essential for growth, DNA synthesis, immune system function, brain and nerve function	-tissue growth and repair -wound healing -collagen synthesis -strengthens the immune system -maintains bones, teeth and cartilage -antioxidant
	VITAMIN K -essential for blood clotting and bone metabolism							

Artichoke ORAC:9416
GI:15



89 = Calories

Fiber – 58%
Folate – 38%
Vit. K – 32%
Vit. C – 20%
Mg & Mn – 18%
K – 14%
P – 12%
Vit. B3 – 10%
Cu – 10%

Brussels Sprouts



56

Vit. K – 274%
Vit. C – 162%
Folate – 24%
Vit. A – 24%
Mn – 18%
Fiber – 16%
Vit. B6&K – 14%
Vit. B1 – 12%
Fe – 10%

Collards(raw)



49

Vit. K – 1045%
Vit. A – 308%
Vit. C – 58%
Folate – 44%
Mn – 41%
Ca – 27%
Fiber – 21%
Vit. B2&B6 – 12%
Fe – 12%
Mg – 10%

Green Peas



134

Vit. K – 52%
Mn – 42%
Vit. C – 38%
Fiber – 35%
Vit. B1 – 28%
Vit. A&Folate – 26%
P – 19%
Vit. B3, B6&Mg – 17%
Vit. B2, Fe, Zn & Cu – 14%
K – 12%

Mushrooms



44

Cu – 39%
Vit. B3 – 35%
Vit. B5 – 34%
Vit. B2 – 28%
Se – 27%
K – 16%
Fe – 15%
Fiber&P – 14%
Vit. C – 10%

Pumpkin



49

Vit. A – 245%
Vit. C – 19%
K – 16%
Fiber, Cu & Mn – 11%
Vit. B2 – 11%
Vit. E – 10%

Ca (Calcium)

-bones, teeth, heart function, hormone release, blood clotting, reproduction, nerve transmission and muscle contraction

Se (Selenium)

-aids with the function of antioxidants
(Se content of vegetables depends on soil conditions)

Fe (Iron)

-formation of red blood cells
-oxygen and electron transport
-vital for energy production

Asparagus 1644
14



40

Vit. K – 114%
Folate – 68%
Vit. A – 36%
Vit. C – 24%
Vit. B1 – 20%
Se – 16%
Cu & Mn – 14%
Vit. B2, E & Fiber – 14%
Vit. B3, Fe & P – 10%
K – 12%

Cabbage(raw)



22

Vit. K – 104%
Vit. C – 64%
Mn – 16%
Folate – 12%
Fiber – 12%

Cucumber(raw)



16

Vit. K – 22%

Green Peppers(raw)



18

Vit. C – 200%
Vit. B6 – 17%
Vit. K – 14%
Vit. A – 11%
Fiber – 10%

Okra



35

Vit. K – 80%
Vit. C – 44%
Mn – 24%
Folate – 18%
Fiber – 16%
Vit. B1&B6 – 14%
Mg – 14%
Ca – 12%

Romaine Lettuce(raw)



8

Vit. A – 82%
Vit. K – 60%
Vit. C – 19%
Folate – 16%

Cu (Copper)

-metabolism, blood cell and bone formation; maintains blood vessels, nerves and the immune svstem

P (Phosphorus)

-component of bones and teeth; metabolism, protein synthesis, Ca absorption, acid-base balance, energy(ATP) production

Mg (Magnesium)

-component of bones, nerve transmission, protein synthesis, muscle contraction, enzyme function, energy transport,

Beets n/a
64



75

Folate – 34%
Mn – 28%
Fiber – 14%
K – 14%
Vit. C – 10%
Mg – 10%

Carrots



52

Vit. A – 428%
Vit. K – 21%
Fiber – 14%
Vit. C – 13%
K – 12%

Fennel(raw)



27

Vit. C – 17%
Fiber – 11%
K – 10%

Iceberg Lettuce(raw)



8

Vit. K – 22%

Onions(raw)



64

Vit. C&B6 – 20%
Fiber – 11%
Mn – 10%

Spinach



41

Fiber & Cu – 17%, P& B1 – 11%

K (Potassium)

-nerve impulse conduction, heart rhythm, growth, metabolism; acid/base, water and electrolyte balance; essential for the proper functioning of all organs

Cr (Chromium)

-metabolism; increases effectiveness of insulin activity; cholesterol synthesis

Mn (Manganese)

-important for metabolism, nervous system and brain function
-collagen and bone growth

Butternut Squash 396
n/a



82

Vit. A – 457%
Vit. C – 52%
Mn – 18%
K – 17%
Mg – 15%
Vit. E&B6 – 13%
Vit. B3&B1 – 10%
Folate – 10%

Cauliflower



29

Vit. C – 92%
Vit. K – 22%
Folate – 14%
Fiber – 12%
Vit. B6 – 10%

Garlic



29

(3 cloves, raw)

Mn – 8%
Vit. B6 – 6%
Vit. C – 5%

Kale



36

Vit. K – 1328%
Vit. A – 354%
Vit. C – 89%
Mn – 27%
Ca&Cu – 10%
Vit. B6 – 10%
Fiber – 10%

Parsnips



111

Vit. C – 32%
Folate – 22%
Fiber&Mn – 22%
Mn – 22%
K – 16%
Mg – 12%
P&Cu – 10%

Turnips



34

Vit. C – 30%
Fiber – 12%

Swiss Chard



35

Vit. K – 716%
Vit. A – 214%
Mg – 38%
Vit. C – 53%
Mn – 29%
K – 27%
Fe – 22%
Vit. E – 17%
Fiber – 15%
Cu – 14%
Ca – 10%

Broccoli 1552
10



55

Vit. K – 276%
Vit. C – 168%
Vit. A – 48%
Folate – 42%
Fiber – 20%
Vit. B6&Mn – 16%
K – 14%
Vit. E&B2 – 12%
Vit. B5&P – 10%

Celery(raw)



16

Vit. K – 37%
Vit. A – 10%

Green Beans



44

Vit. K – 25%
Vit. C – 20%
Mn – 18%
Vit. A – 17%
Fiber – 16%
Folate – 10%

Leeks



32

Vit. K – 32%
Vit. A – 16%

Potato



130

Vit. C – 33%
Vit. B6 – 23%
K&Cu – 17%
Mn – 13%
Vit. B1&B3 – 11%
Fiber&Mg – 10%

Sweet Potato



103

Vit. A – 438%
C – 37%
Mn – 28%
Vit. B6 – 16%
Fiber – 15%
K – 15%
Vit. B5 – 10%

Zucchini



27

Vit. A – 40%
Mn – 16%
Vit. C – 14%
K – 13%
Fiber – 10%
Mg – 10%

All values represent the %DV for 1 cup of cooked vegetable unless otherwise specified

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Denote Foods that are especially healthy for your:
Heart, Eyes, Bones, Skin, Brain and Immune System