

Top 10 Fruits

Fruit	Vitamin A (IU)	Vitamin C (mg)	Fiber (g)	Folacin (mcg-RAE)	Potassium (mg)	ORAC ¹ units/100 grams ²
Avocado (1 cup cubed)	219	15	10.1	122	728	1933
Cantaloupe (1 cup cubed)	5411	58.7	1.4	34	427	315
Cranberries (1 cup)	13.3	60	4.6	1	85	9584
Grapefruit (½ fruit)	1414	38.4	2	16	166	1548
Guava, red (1 cup)	1030	376.7	8.9	81	688	1990
Kiwi (2 kiwi)	120	127.9	4.1	34	431	882
Mango (1 cup sliced)	1262	45.7	3	23	257	1002
Orange (1 fresh)	346	82.7	3.1	48	232	1819
Papaya (1 cup cubed)	1532	86.5	2.5	53	360	560
Strawberries (1 cup fresh sliced)	20	97.6	3.3	40	254	3577
Recommended Dietary Intake	2500 (250)*	60 (6)*	25 (2.5)*	200 (20)*	4700 (470)*	

¹Oxygen Radical Absorbance Capacity, which measures the total antioxidant power of foods and other chemical substances. Consuming high-ORAC foods may help protect cells from damage by oxygen radicals, which in turn may slow down the processes associated with aging in both the body and brain.

²About 3.5 ounces

*Fruits earned their ratings by providing at least 10 percent of the recommended dietary intake for at least 2 of the nutrients

For more information

Visit the ISU Extension Nutrition Website — www.extension.iastate.edu/healthnutrition/nutrition

Reviewed by Ruth Litchfield, Ph D, R.D., L.D., extension nutritionist

Top 10 Vegetables

Vegetables	Vitamin A (IU)	Vitamin C (mg)	Fiber (g)	Folacin (mcg-RAE)	Potassium (mg)	ORAC ¹ units/ 100 grams ²
Broccoli (½ cup raw)	274	39.2	1.1	28	139	1362
Brussels sprouts (½ cup cooked)	604	48.4	2	47	247	942
Carrot (½ cup raw)	10692	3.8	1.8	12	205	666
Kale (½ cup cooked)	8854	26.6	1.3	8	148	2680
Pumpkin (½ cup canned)	19065	5.1	3.6	15	252	483
Red bell pepper (½ cup raw)	2333	95.1	1.6	34	157	791
Spinach (1 cup raw)	2813	8.4	0.7	58	167	1515
Sweet potato (½ cup canned)	11091	6.6	2.2	14	268	766
Tomato (1 raw)	1025	15.6	1.5	18	292	367
Winter squash (½ cup cooked)	5354	9.8	2.9	20	247	396
Recommended Dietary Intake	2500 (500)*	60 (12)*	25 (5)*	200 (40)*	4700 (940)*	

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²About 3.5 ounces

*Vegetables earned their ratings by providing at least 20 percent of the recommended dietary intake for 1 or more of the nutrients

... and justice for all

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