Sources of Vitamin A

Vitamin A Vegetables	Serving Size	Micrograms RE	IU
Broccoli, Frozen, Chopped Boiled	1/2 cup	174	1741
Broccoli, Raw, Chopped	1/2 cup	68	678
Cabbage, Raw, Shredded	1/2 cup	105	47
Cabbage, Boiled, Shredded	1/2 cup	6	99
Cabbage, Chinese, Boiled, Shredded	1/2 cup	58	2183
Carrots, Raw	1 med.	2025	20253
Carrots, Boiled, Sliced	1/2 cup	1915	19152
Carrots, Canned, Sliced	1/2 cup	1006	10055
Carrots, Frozen, Boiled, Sliced	1/2 cup	1292	12922
Chard, Swiss, Boiled, Chopped	1/2 cup	276	2762
Greens, Beet, Boiled	1/2 cup	367	3672
Greens, Collards, Frozen, Boiled	1/2 cup	508	5084
Greens, Collards, Boiled, Chopped	1/2 cup	175	3491
Greens, Kale, Boiled, Chopped	1/2 cup	481	4810
Greens, Kale, Frozen, Boiled	1/2 cup	413	4130
Greens, Mustard, Frozen, Boiled	1/2 cup	335	3353
Greens, Mustard, Boiled, Chopped	1/2 cup	212	2122
Greens, Turnip, Raw	1/2 cup	213	2128
Greens, Turnip, Boiled, Chopped	1/2 cup	396	3959
Greens, Turnip, Canned	1/2 cup	420	4196
Greens, Turnip, Frozen, Boiled	1/2 cup	654	6540
Lettuce, Romaine, Shredded	1/2 cup	73	728
Mixed Vegetables, Canned	1/2 cup	995	9551
Mixed Vegetables, Frozen	1/2 cup	389	3892
Peas and Carrots, Canned	1/2 cup	739	7386
Peas and Carrots, Frozen	1/2 cup	621	6209
Peppers, Jalapeno, Canned, Chopped	1/2 cup	116	1156
Potato, Sweet, Baked with Skin	4 oz.	2487	24877
Potato, Sweet, Boiled w/o skin, Mashed	1/2 cup	2796	27969
Potato, Sweet, Candied	1 piece (2-1/2X2"dia.)	440	4398
Potato, Sweet, Canned, Mashed	1/2 cup	1929	38571
Potato, Sweet, Canned, Syrup Packed	1/2 cup	702	7014
Pumpkin, Boiled, Mashed	1/2 cup	132	1320
Pumpkin, Canned	1/2 cup	2691	17500
Pumpkin Pie Mix, Canned	1/2 cup	1121	11202
Spinach, Raw, Chopped	1/2 cup	188	1880
Spinach, Canned	1/2 cup	939	9390

Sources of Vitamin A

Vitamin A Vegetables	Serving Size	Micrograms RE	IU
Spinach, Frozen, Boiled	1/2 cup	739	7395
Squash, Butternut, Baked	1/2 cup	714	7141
Squash, Butternut, Boiled, Mashed	1/2 cup	473	4007
Squash, Hubbard, Baked, Cubed	1/2 cup	616	6156
Tomato, Boiled	1/2 cup	89	892
Vitamin A Fruits	**Serving Size**	**Micrograms RE**	**IU**
Apricot Nectar	1/2 cup	165	1651
Apricots, Raw	3 med.	277	2769
Apricots, Canned, Heavy Syrup	4 halves	111	1107
Apricots, Canned, Juice Pack	3 halves	142	1420
Apricots, Canned, Light Syrup	3 halves	112	1124
Cantaloupe, Raw, Pieces	1/2 cup	258	2579
Mango, Raw	1 med.	805	8061
Papaya, Raw	1 med.	85	863
Persimmon, Japanese, Raw	1 med.	365	3641
Prunes, Dried	3 med.	167	1669
Tangerine, Raw	3 oz.	77	773
Vegetable Juice Cocktail	1/2 cup	142	1000
Vitamin A Misc. Food Items	**Serving Size**	**Micrograms RE**	**IU**
Braunschweiger Sausage	18 grams	760	2529
Cheese, American	1 oz.	82	343
Cheese, Cream	1 oz.	124	405
Eggs, Boiled	1 large	84	280
Margarine	1 tsp.	47	141
Milk, Fluid, 1%, 2%, or skim	8 oz.	140-149	420-447
Liver, Beef, Braised	3 oz.	9087	35679
Pudding, from reg. mix w/lowfat milk	1/2 cup	70	200

Source: Pennington, Jean, A.T. Bowes and Church Food Values of Portions Commonly Used. 17th ed. New York, Lippincott-Raven Publishers, 1998.

Sources of Vitamin A and C

Sources of Vitamin C

Vitamin C Vegetables	Serving Size	Mg Vit. C
Beans, Lima, Baby, Frozen, Boiled, Immature	1/2 cup	5
Beans, Lima, Fordhooks, Frozen, Boiled	1/2 cup	11
Beans, Lima, Canned, Drained	1/2 cup	0
Beans, Refried, Canned	1/2 cup	7.5
Bean Sprouts, Fresh	1/2 cup	10
Broccoli, Raw, chopped	1/2 cup	41
Broccoli, Boiled	1/2 cup	58
Brussel Sprouts, Boiled (4 Sprouts)	1/2 cup	48
Brussel Sprouts, Frozen, Boiled	1/2 cup	36
Cabbage, Chinese, Boiled, Shredded	1/2 cup	22
Cabbage, Chinese, Raw, Shredded	1/2 cup	16
Cabbage, Green, Raw, Shredded	1/2 cup	11
Cabbage, Green, Boiled, Shredded	1/2 cup	18
Cabbage, Red, Raw, Shredded	1/2 cup	20
Cabbage, Red, Boiled, Shredded	1/2 cup	26
Cabbage, Savoy, Raw, shredded	1/2 cup	11
Cabbage, Savoy, Boiled, Shredded	1/2 cup	12
Cauliflower, Raw, Pieces	1/2 cup	23
Cauliflower, Boiled, Pieces	1/2 cup	27
Cauliflower, Frozen, Boiled	1/2 cup	28
Chard, Swiss, Boiled, Chopped	1/2 cup	16
Corn, Canned, Vacuum Pack	1/2 cup	9
Beet Greens, Boiled	1/2 cup	18
Greens, Chicory, Raw, Chopped	1/2 cup	22
Greens, Collards, Frozen, Boiled	1/2 cup	22
Greens, Kale, Frozen, Boiled, Chopped	1/2 cup	16
Greens, Kale, Boiled, Chopped	1/2 cup	27
Greens, Mustard, Boiled, Chopped	1/2 cup	18
Greens, Mustard, Frozen, Boiled	1/2 cup	10
Greens, Turnip, Frozen, Boiled	1/2 cup	18
Greens, Turnip, canned	1/2 cup	18
Greens, Turnip, Canned	1/2 cup	14
Jicama	3 oz.	14
Kohlrabi, Raw	1/2 cup	5
Kohlrabi, Cooked	1/2 cup	44
Lettuce, Loose-leaf	1/2 cup	5
Lettuce, Romaine	1/2 cup	7
Okra, Boiled	1/2 cup	10
Onions, Boiled	1/2 cup	6

Vitamin C Vegetables	Serving Size	Mg Vit. C
Parsnips, Boiled	1/2 cup	10
Peas and Carrots, Canned	1/2 cup	8
Peas and Carrots, Frozen	1/2 cup	6
Peas, Canned or Frozen, Boiled	1/2 cup	8
Peppers, Chili, Hot, Canned, Chopped	1/2 cup	46
Peppers, Sweet, Boiled	1/2 cup	51
Peppers, Sweet, Raw, Chopped	1/2 cup	45
Peppers, Sweet, Canned	1/2 cup	33
Peppers, Sweet, Freeze Dried	1/4 cup	30
Pimientos	1 Tbsp.	10
Potatoes (Vit. C content declines w/storage)		
Potatoes, Baked, Flesh & Peel in oven	1 potato	26
Potatoes, Baked, Flesh only	1 potato	20
Potatoes Boiled Cooked in Peel	2-1/2" diameter	17.6
Potatoes, Boiled cooked w/o skin	1 potato	10
Potatoes, Canned, w/o skin	1/2 cup	5
Potatoes, French Fries	10 pieces	5
Potatoes, Mashed from Flakes	1/2 cup	10
Potatoes, Mashed from Granules	1/2 cup	3
Potatoes, Sweet, Baked w/skin	4.1 oz.	28
Potatoes, sweet, Boiled w/o skin	1/2 cup	28
Potatoes, Sweet, Canned, Mashed	1/2 cup	6
Pumpkin, Canned	1/2 cup	5
Rutabaga, Boiled, Cubed	1/2 cup	16
Sauerkraut, Canned	1/2 cup	17
Spinach, Raw	1/2 cup	8
Spinach, Boiled	1/2 cup	9
Spinach, Canned	1/2 cup	15
Spinach, Frozen, Boiled	1/2 cup	12
Squash, Summer, Scallop, Boiled	1/2 cup	11
Squash. Acorn, Boiled, Mashed	1/2 cup	8
Squash, Hubbard, Baked, Cubed	1/2 cup	10
Squash, Hubbard, Boiled, Mashed	1/2 cup	8
Squash, Summer, Scallop, Boiled	1/2 cup	10
Squash, Summer, Zucchini, Raw	1/2 cup	6
Succotash, Boiled	1/2 cup	8
Tomato, Raw	2-1/2" diameter	23
Tomato, Stewed, Canned	1/2 cup	15
Catsup	2 Tbsp.	4

Source: Pennington, Jean, A.T. Bowes and Church Food Values of Portions Commonly Used. 17th ed. New York, Lippincott-Raven Publishers, 1998.