

Key Nutrients in Fruits and Vegetables

	Vitamin A ≥ 500IU	Vitamin C ≥ 6 mg	Folate ≥ .04 mg	Potassium ≥ 350 mg	Dietary Fiber ≥ 2 g
Fruits					
Apple, with skin (1 medium)		✓			✓
Apricot, dried (3)	✓	✓		✓	✓
Banana (1 medium)		✓		✓	✓
Blueberries (1 cup)		✓			✓
Cantaloupe (1 cup)	✓	✓		✓	
Grapefruit (1/2 medium)		✓			
Grapefruit juice (3/4 cup)		✓		✓	
Grapes (1/2 cup)		✓			
Honeydew melon (1 cup)		✓		✓	✓
Kiwifruit (2 medium)		✓	✓	✓	✓
Mango (1 medium)	✓	✓			✓
Nectarine (1 medium)	✓	✓			✓
Orange (1 medium)		✓	✓		✓
Orange juice (3/4 cup)		✓	✓	✓	
Papaya (1 medium)	✓	✓	✓	✓	✓
Peach, with skin (1 medium)	✓	✓			✓
Pear, with skin (1 medium)		✓			✓
Pineapple (2, 3/4" slices)		✓			✓
Plum, with skin (2 medium)		✓			✓
Prunes (4) (Dried Plums)	✓				✓
Strawberries (1/2 cup)		✓			✓
Watermelon (1 cup)	✓	✓			
Vegetables					
Asparagus (5 spears)		✓	✓		✓
Beans, kidney (1/2 cup)			✓	✓	✓
Beans, lima (1/2 cup)			✓	✓	✓
Black-eyed peas (1/2 cup)			✓		✓
Broccoli (1/2 cup)	✓	✓	✓		✓
Carrots (1 medium)	✓	✓			✓
Cauliflower (1 cup)		✓	✓		✓
Collards (1/2 cup)	✓	✓	✓		✓
Corn (1 cup)		✓	✓	✓	✓
Green Beans (1/2 cup)		✓			✓
Green Pepper (1 medium)	✓	✓			✓
Kale (1/2 cup)	✓	✓			✓
Lentils (1/2 cup)			✓	✓	✓
Peas, green (1/2 cup)		✓	✓		✓
Peas, split (1/2 cup)			✓	✓	✓
Potato (1 medium)		✓		✓	
Potato, with skin (1 medium)		✓		✓	✓
Romaine lettuce (6 leaves)	✓	✓	✓		
Spinach, cooked (1/2 cup)	✓	✓	✓	✓	✓
Squash, winter (1/2 cup)	✓	✓		✓	✓
Sweet Potato (1 medium)	✓	✓		✓	✓
Tomato (1 medium)	✓	✓		✓	
Turnip greens (1/2 cup)	✓	✓	✓		

✓ Provides 10% or more of the Daily Value in the specified serving size and/or at least 2 grams of dietary fiber