

What Foods Are Good Sources of Vitamin A, Vitamin C, Calcium, and Iron?

APPENDIX B

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Children need many different nutrients to grow and be healthy. That is why it is important to include a variety of foods in the meals and snacks you serve.

This Appendix lists foods that are good sources of four key nutrients: Vitamin A, Vitamin C, Calcium, and Iron. A good food source contributes at least 10 percent of the Recommended Daily Allowance (RDA) for a particular nutrient.

Here's how to read the charts:

Foods and serving sizes are listed in the first two columns. The third column shows what percentage of the RDA a serving provides, as follows:

<i>Symbol:</i>	<i>For children ages 1 to 3 years old, one serving contains...</i>	
■	GOOD	...10 to 24 percent of RDA
■ ■	BETTER	...25 to 39 percent of RDA
■ ■ ■	BEST	...40 percent or more of RDA

Foods that Contain Vitamin A

Food	Serving Size	% of RDA
Meat/Meat Alternates		
Liver (beef, pork, chicken, or turkey), braised	1½ oz	■ ■ ■
Meat/Meat Alternates—Fish/Seafood		
Mackerel, canned	1½ oz	■
Fruits		
Apricots:		
Canned, juice pack	2 halves	■
Dried, cooked, unsweetened	1/4 cup	■ ■
Dried, uncooked	5 halves	■
Cantaloupe	1/4 cup, diced	■ ■
Cherries, red sour, fresh	1/4 cup pitted	■
Mandarin orange sections	1/4 cup	■
Mango, raw	1/4 medium	■ ■ ■
Melon balls (cantaloupe and honeydew)	1/4 cup	■
Nectarine	1/2 medium	■
Papaya	1/4 cup	■
Plums, canned, juice pack	1/4 cup	■
Prunes, dried, cooked	1/4 cup	■
Watermelon	1 cup	■

Food	Serving Size	% of RDA
Vegetables		
Beet greens, cooked	1/4 cup	■ ■ ■
Bok choy, cooked	1/4 cup	■ ■ ■
Broccoli, cooked	1/4 cup	■
Carrots, raw or cooked	1/4 cup	■ ■ ■
Chicory greens, raw	1/4 cup	■
Collards, cooked	1/4 cup	■
Dandelion greens, cooked	1/4 cup	■ ■ ■
Escarole, cooked	1/4 cup	■
Kale, cooked	1/4 cup	■ ■ ■
Mustard greens, cooked	1/4 cup	■
Peas and carrots, cooked	1/4 cup	■ ■ ■
Peppers, sweet red, raw	1/2 small	■ ■ ■
Plantain, cooked	1/2 medium	■
Pumpkin, cooked	1/4 cup	■
Romaine lettuce	1/4 cup	■
Spinach, cooked	1/4 cup	■ ■ ■
Squash, winter (acorn, butternut, etc.)	1/4 cup	■ ■ ■
Sweet potato	1/2 medium	■ ■ ■
Swiss chard, cooked	1/4 cup	■
Tomato (juice, paste, or puree)	1/4 cup	■
Turnip greens, cooked	1/4 cup	■ ■ ■
Milk		
Milk, lowfat or skim	1/2 cup	■

Foods that Contain Vitamin C

Food	Serving Size	% of RDA
Meat/Meat Alternates		
Liver (beef or pork), braised	1½ oz	■ ■
Liver (chicken)	1/4 cup	■
Meat/Meat Alternates—Fish/Seafood		
Clams, steamed or canned	1½ oz	■
Mussels, steamed or poached	1½ oz	■
Fruits		
Apple, raw	1/2 medium	■
Banana	1/2 medium	■
Blackberries, raw	1/4 cup	■ ■
Blueberries, raw	1/4 cup	■
Cantaloupe	1/4 cup	■ ■ ■
Grapefruit	1/4 medium	■ ■ ■
Grapefruit juice	1/2 cup	■ ■ ■
Grapefruit-orange juice	1/2 cup	■ ■ ■
Grapefruit and orange sections	1/4 cup	■ ■ ■
Guava, raw	1/4 cup	■ ■ ■
Honeydew	1/2 cup	■ ■
Kiwi	1/2 medium	■ ■ ■
Kumquat	1 fruit	■
Mandarin orange sections	1/4 cup	■ ■ ■
Mango	1/4 medium	■ ■ ■
Nectarine	1/2 medium	■
Orange	1/2 medium	■ ■ ■
Orange juice	3/8 cup	■ ■ ■
Papaya	1/4 cup	■ ■
Peach		
Frozen	1/4 cup	■ ■ ■
Fresh, raw	1/2 medium	■
Pear	1/2 medium	■
Pineapple, fresh or canned	1/4 cup	■
Pineapple juice, canned	3/8 cup	■ ■
Pineapple-grapefruit juice	3/8 cup	■ ■ ■
Pineapple-orange juice	3/8 cup	■ ■ ■
Plum, raw	1/2 medium	■
Raspberries	1/4 cup	■ ■
Strawberries	1/4 cup	■ ■ ■
Tangelo	1/2 medium	■ ■ ■
Tangerine	1/2 medium	■ ■ ■
Tangerine juice	1/2 cup	■ ■ ■
Watermelon	1/2 cup	■ ■

Food	Serving Size	% of RDA
Vegetables		
Asparagus, cooked	1/4 cup	■ ■ ■
Beans, green or yellow, cooked	1/4 cup	■
Beans, lima, cooked	1/4 cup	■
Bean sprouts, raw or cooked	1/4 cup	■
Bok choy, cooked	1/4 cup	■ ■
Broccoli, raw or cooked	1/4 cup	■ ■ ■
Brussels sprouts, cooked	1/4 cup	■ ■ ■
Cabbage, green, raw or cooked	1/4 cup	■ ■
Cabbage, red, raw or cooked	1/4 cup	■ ■ ■
Cauliflower, raw or cooked	1/4 cup	■ ■ ■
Chard, cooked	1/4 cup	■
Chili peppers, cooked	1/4 cup	■ ■ ■
Chicory, raw	1/2 cup	■
Chinese cabbage, cooked	1/4 cup	■ ■
Collards, cooked	1/4 cup	■
Dandelion greens, raw	1/4 cup	■
Escarole, raw	1/2 cup	■
Kale, cooked	1/4 cup	■ ■ ■
Kohlrabi, cooked	1/4 cup	■ ■ ■
Mustard greens, cooked	1/4 cup	■ ■
Okra, cooked	1/4 cup	■
Onion, medium, raw	1/2 medium	■
Parsnips, cooked	1/4 cup	■
Peas, cooked	1/4 cup	■
Peppers, green and red, raw/cooked	1/4 cup	■ ■ ■
Plantain, green or ripe, boiled	1/2 medium	■ ■ ■
Poke greens, cooked	1/4 cup	■ ■ ■
Potato, baked or boiled	1/2 medium	■ ■
Radishes, raw	3 large	■
Romaine lettuce, raw	1/2 cup	■
Rutabaga, cooked	1/4 cup	■ ■
Snowpeas, raw or cooked	1/4 cup	■ ■ ■
Spinach, cooked	1/4 cup	■
Squash, summer or winter, raw/cooked	1/4 cup	■
Sweet potato, baked, boiled, canned	1/2 medium	■ ■ ■
Tomato	1/2 medium	■ ■
Tomato juice	3/8 cup	■ ■ ■
Tomato-vegetable juice	3/8 cup	■ ■ ■
Turnip greens with turnips, cooked	1/4 cup	■
Turnips, cooked	1/4 cup	■
Watercress, raw	1/4 cup	■

To help the body take in more iron, include a good source of vitamin C with meals, especially if the meal does not include meat, fish, or poultry.

Foods that Contain Calcium

Food	Serving Size	% of RDA
Meat Alternates—Fish		
Mackerel, canned	1½ oz	■
Salmon, canned with bones	1½ oz	■
Sardines, canned with bones	1 each	■
Meat Alternates—Cheese		
Cottage cheese, lowfat	1/2 cup	■
Natural cheese—blue, brick, camembert, feta, gouda, monterey jack, mozzarella, muenster, provolone, and roquefort	1/2 oz	■
Natural cheese—gruyere, swiss, parmesan, and romano	1/2 oz	■ ■
Processed cheese—cheddar or swiss	3/4 oz	■ ■
Ricotta cheese	1/4 cup	■ ■
Yogurt—flavored or with fruit, or plain	4 oz	■ ■
Meat Alternates—Nuts		
Almonds, unblanched, dry-roasted	1 oz	■
Vegetables		
Spinach, cooked	1/4 cup	■
Grains/Breads		
Pancakes, plain, fruit, buckwheat, or whole-wheat	4"	■ ■
Waffles, bran, cornmeal, and/or fruit	4" square	■
Waffles, plain	4" square	■ ■
Milk		
Buttermilk	1/2 cup	■ ■
Chocolate milk	1/2 cup	■ ■
Dry, nonfat milk, reconstituted	1/2 cup	■ ■
Evaporated, whole or nonfat, diluted	1/2 cup	■ ■
Lowfat or nonfat milk	1/2 cup	■ ■
Whole milk	1/2 cup	■ ■

Foods that Contain Iron

Food	Serving Size	% of RDA
Meat/Meat Alternates		
Beef brisket	1½ oz	■
Beef, ground, extra lean, broiled	1½ oz	■
Beef liver	1½ oz	■ ■
Beef, pot roast, braised	1½ oz	■
Beef, rib roast, roasted	1½ oz	■
Beef, shortribs, braised	1½ oz	■
Beef, steak, broiled	1½ oz	■
Beef, stew meat, simmered	1½ oz	■
Calf liver	1½ oz	■
Chicken or turkey liver	1½ oz	■ ■
Liverwurst	1 oz	■
Pork liver	1½ oz	■ ■ ■
Tongue, braised	1½ oz	■
Turkey, dark meat, roasted, no skin	1½ oz	■
Meat/Meat Alternates—Eggs		
Large egg	1	■
Meat/Meat Alternates—Fish/Seafood		
Clams, steamed or canned	1½ oz	■ ■ ■
Mackerel, canned	1½ oz	■
Mussels, steamed	1½ oz	■
Oysters, steamed or canned	1½ oz	■ ■
Shrimp, broiled or canned	1½ oz	■
Trout, baked or broiled	1½ oz	■
Meat Alternates—Dry Beans, Peas, and Lentils		
Black-eyed peas (cowpeas)	1/4 cup	■
Chickpeas (garbanzo beans)	1/4 cup	■
Kidney beans	1/4 cup	■
Lentils	1/4 cup	■
Pinto beans	1/4 cup	■
Soybeans	1/4 cup	■ ■
White beans	1/4 cup	■

Foods that Contain Iron, continued

Food	Serving Size	% of RDA
Meat Alternates—Nuts and Seeds		
Pine nuts (pignolias)	1 Tbsp	■
Pumpkin or squash seeds, roasted	1 Tbsp	■ ■
Fruits		
Prunes, dry, cooked	1/4 cup	■
Raisins, seedless	1/4 cup	■
Vegetables		
Beans, lima, cooked	1/4 cup	■
Beans, black, cooked	1/4 cup	■
Black-eyed peas, cooked	1/4 cup	■
Chard, cooked	1/4 cup	■
Spinach, cooked	1/4 cup	■
Grains/Breads		
Bagel, plain, pumpernickel, or whole-wheat	1/2 medium	■
Cereals, ready-to-eat, enriched	1/2 oz	■ ■
Muffin, bran	1/2 medium	■
Noodles, cooked	1/2 cup	■
Oatmeal, instant, enriched	1/3 cup	■ ■
Pita bread, plain or whole-wheat	1/2 medium	■
Pretzel, soft	1/2	■
Rice, white, regular, cooked	1/3 cup	■