

Get Healthy

with Oklahoma Farm Fresh



Nutrients of Concern¹

Nutrient	% of Oklahomans not meeting recommended intake ²	% of U.S. Population not meeting recommended intake	High Nutrient Food Sources Grown in Oklahoma ³
Vitamin A*	60	54	sweet potato, carrots, spinach, collard and turnip greens, pumpkin, winter squash, sweet red peppers, cantaloupe
Vitamin C*	53	48	sweet and hot peppers, strawberries, broccoli, cantaloupe, cauliflower, red cabbage, turnip and mustard greens, peas
Vitamin E	88	86	sunflower seed, spinach, turnip greens, red sweet pepper, broccoli, peanuts, asparagus, tomato, blackberries
Calcium	77	73	yogurt, milk, collard greens, spinach, black-eyed peas, cheddar cheese, turnip greens, okra, mustard greens
Magnesium	72	68	whole wheat flour, spinach, cornmeal, pumpkin and squash seeds, soybeans, lima beans, black-eyed peas, okra, peanuts
Potassium ⁴	93	91	potato, lima beans, winter squash, soybeans, spinach, sweet potato, black-eyed peas, yogurt, beets, whole wheat flour
Fiber	91	90	whole wheat flour, lima beans, black-eyed peas, blackberries, winter squash, collards, broccoli, pears, sweet potato

¹ U.S. Department of Health and Human Services. 2005 Dietary Guidelines for Americans.

² USDA-ARS Community Nutrition Map - <http://www.ba.ars.usda.gov/cnrg/services/state40.html>

³ Food sources listed in descending order of nutrient content. Method of preparation can affect nutrient levels.

USDA - ARS Nutrient Database - http://www.nal.usda.gov/fnic/foodcomp/Data/SR17/wtrank/wt_rank.html

⁴ Nowverl, A. 2005, 2006. Personal Communication. USDA-CNRG.

* Low intake of Vitamins A and C are of particular concern in adults