

Vitamins and Minerals



Vitamin/ Mineral	Recommended Dietary Allowance (RDA) or Adequate Intake (AI) ⁷	Benefits	Best Fruit Sources ^{1,2}	Best Vegetable sources ³
Vitamin A	3000 IU for males 2500 IU for females	Helps vision Helps maintain healthy skin, hair and mucous membranes	Cantaloupes Grapefruit Mango Papaya Tomatoes Watermelon	Bok Choy Broccoli Brussels sprouts Butternut squash Cabbage Carrots Collards Kale Peas Spinach Squash – summer and winter Sweet potatoes Swiss chard
Vitamin B B ₁ (thiamine)	1.2mg for males 1.1mg for females	Important in production of energy Helps convert carbohydrates into energy Essential for functioning of heart, muscles, and nervous system	Avocado Grapes Plums	Brussels sprouts Asparagus Broccoli Cabbage
B ₂ (riboflavin)	1.3 mg – males and females	Helps convert carbohydrates into energy. Important for red blood cell production.		Broccoli Brussels sprouts Spinach Mushrooms
Vitamin B3 (niacin)	16mg for males 14mg for women	Assists in functioning of the digestive system, skin and nerves. Also important for conversion of food to energy.	Avocado Guava Mango Nectarine Peach	Butternut squash Mushrooms Okra Parsnip Potatoes Winter squash Sweet potatoes

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Vitamin C	100mg	The most important of all vitamins! It's a powerful antioxidant, protecting body tissues from the damage of oxidation. It protects against free radicals which can cause cell damage contributing to development of cardiovascular disease and cancer. It is also an effective antiviral agent.	Grapefruit Guava Kiwi Mango Orange Pineapple Strawberries Tangerine	Bok Choy Broccoli Brussels sprouts Butternut squash Bell Peppers Kale Swiss Chard
Vitamin E	30 IU – males and females	Another powerful antioxidant. Important in the formation of red blood cells. Helps minimize the appearance of wrinkles and can help heal minor wounds without scarring.	Avocado Blueberries Cranberries Guava Kiwi Mango Nectarine Papaya Peach Raspberries	Butternut squash Parsnip Potatoes Swiss Chard
Vitamin K ₁	90 mcg – males and females	A fat soluble vitamin* Plays a critical role in blood clotting. It regulates blood calcium levels. *Fat soluble vitamins need a small amount of fat to be absorbed and utilized properly.	Avocado Blackberries Blueberries Grapes Kiwi Mango Pear Plum Raspberries Tomatoes	Asparagus Bok Choy Broccoli Brussels sprouts Cabbage Carrots Celery Cauliflower Cucumber Kale Spinach Swiss Chard Winter squash

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Calcium	1000mg	The body needs this mineral to maintain strong bones, and for nerves to carry messages between the brain and every body part. Calcium is also necessary for muscles to move. Adequate Vitamin D intake increases calcium absorption. ⁴		Broccoli Collards Kale Spinach Turnip greens Chinese Cabbage
Potassium	4.7 grams	Essential nutrient used to maintain fluid and electrolyte balance. Controls the electrical activity of the heart. ^{5,6}	Banana Cantaloupe Kiwi Dried apricots	Avocado Butternut squash Mushrooms Spinach Swiss Chard Sweet potato Zucchini

1. http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/File/pdf/planning/meal/WhatsInAHalfCupGuide_Fruit.pdf
2. http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/File/pdf/planning/meal/WhatsInAHalfCupGuide_Veggies.pdf
3. <http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/#h3>
4. <http://ods.od.nih.gov/factsheets/Calcium-QuickFacts/>
5. <http://www.nlm.nih.gov/medlineplus/ency/article/002413.htm>
6. <http://www.eatright.org>
7. Institute of Medicine – these are the minimal amounts to avoid nutritional deficiency