

Selected Food Sources of Vitamins to meet the minimum Recommended Daily Amount

(Source: the USDA National Nutrient Database)

| Vitamins | Minimum RDA for healthy adults | Foods (each source provides RDA) |
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| A (pre-formed) or Beta-carotene (vitamin A precursor) | 3,000 IU no RDA, but 5.6 mg = 3,000 IU of vitamin A | - 1 small raw carrot; - 1/4 of sweet potato baked w/skin; - cantaloupe melon, 1 cup - 1 small raw carrot; - winter squash, cooked, 1 cup; - spinach, cooked, 1/2 cup |
| C | 90 mg | - 2 medium oranges; - broccoli, cooked, 1 cup; - strawberries, 1 cup; - 1 red bell pepper |
| D | 800 IU (old recommendation of 400 IU is now considered inadequate) | - April-September - 15-20 min. of exposure to noon sun without sunblock; - October-March - vitamin D supplementation may be necessary <u>Foods:</u> - salmon, cooked, 7 oz.; - mackerel, cooked, 7 oz.; - sardines, canned in oil, drained, 6 oz.; - tuna, canned in oil, 12 oz. |
| E | 15 mg/30 IU | - almonds, 2 oz.; - sunflower seeds, dry roasted, 1/2 cup; - General Mills or Kellogg cereals, whole grain, corn flakes, raisin bran, 1-1.5 cups |
| K | 100 mcg | - broccoli, cooked, 1/2 cup; - parsley, 6 sprigs; - spinach, raw, 2/3 cup - spinach, cooked, 1/8 cup |

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| Thiamin (B1) | 1.2 mg | <ul style="list-style-type: none"> - pork chops, pan fried, 3.2 oz.; - pork ribs, roasted, 6 oz. - enriched breakfast cereals, 2 cups; - pecans, 1.3 cups |
| Riboflavin (B2) | 1.3 mg | <ul style="list-style-type: none"> - beef liver, pan fried, 1.5 oz.; - pork liver sausage, 3 slices; - chicken/turkey giblets, simmered, 1 cup; - enriched breakfast cereals, 2 cups; |
| Niacin (B3) | 16 mg | <ul style="list-style-type: none"> - 1/2 chicken breast, fried; - fried chicken, 4 oz.; - tuna, light, canned in water, 3.5 oz.; - General Mills or Kellogg cereals, whole grain, corn flakes, raisin bran, 1 cup; |
| Pantothenic Acid (B5) | 10 mg | <ul style="list-style-type: none"> - General Mills or Kellogg cereals, whole grain, corn flakes, raisin bran, 1 cup; - sunflower seeds, dry roasted, 1 cup; - beef liver, pan fried, 5 oz. |
| B6 | 1.7 mg | <ul style="list-style-type: none"> - General Mills or Kellogg cereals, whole grain, corn flakes, raisin bran, 1/2 -1 cup; - 3 baked potatoes w/skin; - 3 bananas; |
| Biotin (B7) | 30 mcg | <ul style="list-style-type: none"> - peanuts, roasted, 3 oz.; - almonds, 1/2 cup; - peanut butter, 2 tbsp; - beef liver, pan fried, 1 oz. |
| Folic Acid/Folate (B9) | 400 mcg | <ul style="list-style-type: none"> - all breakfast cereals, 1/2-1 cup; - all pastas, macaroni, spaghetti, rice, enriched, 2-3 cups; - spinach, cooked, 1.5 cups |
| B12 | 2.4 mcg | <ul style="list-style-type: none"> - ground beef, cooked, 3 oz.; - tuna, light, canned in water, 3 oz.; - salmon, cooked, 1.5 oz.; - New England clam chowder soup, canned, 1/5 cup |