



What's in a 1/2 Cup* of VEGETABLES?

Raw, edible portions. Percent Daily Values (%DV) are based on a 2000 calorie diet.

Total Calories
Total Fat
Calories from Fat
Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Folate
Sodium
Potassium
Calcium
Iron
Magnesium

VEGETABLES	#	g %DV	#	g %DV	g %DV	g	g	%DV	%DV	%DV	mg %DV	mg %DV	mg %DV	mg %DV	mg %DV
Artichoke	38	<.5 0	1	9 3	4 18	1	3	0	16	14	76 3	300 9	36 4	1 6	49 12
Arugula	3	<.5 0	1	0 0	<.5 1	0	0	5	3	2	3 0	37 1	16 2	<.5 1	5 1
Asparagus	13	<.5 0	1	3 1	1 5	1	1	10	6	9	1 0	135 4	16 2	1 8	9 2
Beets	29	<.5 0	1	7 2	2 8	5	1	0	6	19	53 2	221 6	11 1	1 3	16 4
Bell Peppers	15	<.5 0	1	3 1	1 5	2	1	6	100	2	2 0	130 4	7 1	<.5 1	7 2
Broccoli	15	<.5 0	2	3 1	1 5	1	1	6	68	7	15 1	144 4	21 2	<.5 2	10 2
Broccoli Rabe	6	0 0	0	1 0	0 0	0	1	26	31	n/a	6 0	n/a	9 1	<.5 1	n/a
Brussels Sprouts	19	<.5 0	1	4 1	2 7	1	1	7	62	7	11 0	171 5	18 2	1 3	10 3
Butternut Squash	32	<.5 0	1	8 3	1 6	2	1	149	25	5	3 0	246 7	34 3	<.5 3	24 6
Carrot	25	<.5 0	1	6 2	2 7	3	1	204	6	3	42 2	195 6	20 2	<.5 1	7 2
Cauliflower	13	0 0	0	3 1	1 5	1	1	0	39	7	15 1	152 4	11 1	<.5 1	8 2
Celery	8	<.5 0	1	2 1	1 3	1	0	5	3	5	40 2	131 4	20 2	<.5 1	6 1
Collard Greens	5	<.5 0	1	1 0	1 3	0	0	24	11	7	4 0	30 1	26 3	0 0	2 0
Cucumber	8	<.5 0	1	2 1	<.5 1	1	0	1	2	1	1 0	76 2	8 1	<.5 1	7 2
Green Beans	17	<.5 0	1	4 1	2 7	1	1	8	15	5	3 0	115 3	20 2	1 3	14 3
Green Cabbage	11	0 0	0	3 1	1 4	1	1	1	27	5	8 0	76 2	18 2	<.5 1	5 1
Green Onions	16	<.5 0	1	4 1	1 5	1	1	10	16	8	8 0	138 4	36 4	1 4	10 3
Iceberg Lettuce	5	0 0	0	1 0	<.5 2	1	0	4	2	3	4 0	51 1	6 1	<.5 1	3 1
Jicama	25	<.5 0	1	6 2	3 13	1	0	0	22	2	3 0	98 3	8 1	<.5 2	8 2



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Iron
Magnesium

VEGETABLES

	#	g %DV	#	g %DV	g %DV	g	g	%DV	%DV	%DV	mg %DV	mg %DV	mg %DV	mg %DV	mg %DV
Leaf Lettuce	3	0 0	0	1 0	<.5 1	0	0	27	5	2	5 0	35 1	6 1	<.5 1	2 1
Mushrooms	8	<.5 0	1	1 0	<.5 1	1	1	0	1	1	2 0	111 3	1 0	<.5 1	3 1
Onion	32	<.5 0	1	7 2	1 5	3	1	0	10	4	3 0	117 3	18 2	<.5 1	8 2
Potato	58	<.5 0	1	13 4	2 7	1	2	0	25	3	5 0	316 9	9 1	1 3	17 4
Pumpkin	15	<.5 0	1	4 1	<.5 1	1	1	86	9	2	1 0	197 6	12 1	<.5 3	7 2
Radish	9	<.5 0	1	2 1	1 4	1	0	0	14	4	23 1	135 4	15 1	<.5 1	6 1
Romaine Lettuce	4	<.5 0	1	1 0	<.5 2	0	0	27	9	8	2 0	58 2	8 1	<.5 1	3 1
Spinach	3	<.5 0	1	1 0	<.5 1	0	0	28	7	7	12 0	84 2	15 1	<.5 2	12 3
Summer Squash	9	<.5 0	1	2 1	1 2	1	1	2	16	4	1 0	148 4	8 1	<.5 1	10 2
Sweet Corn	66	1 1	8	15 5	2 8	2	2	1	9	9	12 0	208 6	2 0	<.5 2	28 8
Sweet Potato	57	0 0	0	13 4	2 8	3	1	189	3	2	37 2	224 6	20 2	<.5 2	17 4
Swiss Chard	3	0 0	0	1 0	<.5 1	0	0	22	9	1	38 2	68 2	9 1	<.5 2	15 4
Tomato	16	<.5 0	2	4 1	1 4	2	1	15	19	3	5 0	213 6	9 1	<.5 1	10 2
Beans, Cooked	Black	100	<.5 1	4	18 6	6 22	3	7	0	1	45 3	239 7	21 2	2 12	46 11
	Chickpeas	134	2 3	19	22 7	6 25	4	7	0	2	35 6	239 7	40 4	2 13	39 10
	Great Northern	104	<.5 1	4	19 6	6 25	n/a	7	0	2	23 2	346 10	60 6	2 10	44 11
	Lentils	115	<.5 1	3	20 7	8 31	2	9	0	2	45 2	365 10	19 2	3 18	36 9
	Lima	108	<.5 1	3	20 7	7 26	3	7	0	0	20 2	478 14	16 2	2 12	40 10
	Navy	127	1 1	5	24 8	10 38	0	7	0	1	32 0	354 10	63 6	2 12	48 12
	Pinto	122	1 1	5	22 7	8 31	0	8	0	1	37 1	373 11	39 4	2 10	43 11
	Red Kidney	112	<.5 1	4	20 7	7 26	0	8	0	2	29 2	357 10	25 2	3 14	40 10

*Unless otherwise stated
n/a=not available

Vegetables contain no cholesterol.
Most contain negligible amounts of saturated and trans fats.

