

Vitamin C (mg)

360 Grape juice, Welch's unsweetened Quantity: 1/2 cup 4oz
 341 Pepper, sweet yellow or orange raw Quantity: 1 large 186g
 286 Cauliflower, green, raw Quantity: small head 325g
 240 Garlic, raw organic Quantity: 6 cloves 18g
 210 Strawberries, raw organic Quantity: 1 pint 357g
 209 Pepper, sweet red raw Quantity: 1 large 164g
 150 Lettuce, romaine, raw Quantity: 1 head, 626g
 148 Broccoli, frozen Green Giant Steamers Quantity: 2 cups
 132 Pepper, sweet green raw Quantity: 1 large 164g
 123 Cauliflower, white, raw Quantity: 1 small, 265g
 120 Garlic, raw organic Quantity: 3 cloves 9g
 94 Papaya, raw Quantity: 1 small 152g
 90 Orange, Cara Cara Quantity: 1 medium 154g
 86 Strawberries, raw organic Quantity: 8 medium 147g
 83 Orange, navel Quantity: 1 medium
 81 Broccoli, raw chopped Quantity: 1 cup 91g
 80 Kale greens, raw Quantity: 1 cup chopped 67g
 80 Parsley, raw Quantity: 1 cup 60g
 79 Pineapple, raw Quantity: 1 cup chunks 165g
 75 Brussels sprouts Quantity: 3 whole, 88g
 74 Jicama (yambean), raw Quantity: 1 small 365g
 72 Tomato Juice, V8 low sodium Quantity: 1 cup
 72 Tomato Juice, V8 Quantity: 1 cup 243g
 62 Orange Juice, raw Quantity: 1/2 cup 4oz
 60 Turnip greens, raw Quantity: 2 cups 100g
 58 Peas green, raw Quantity: 1 cup 145g
 57 Mango, raw Quantity: 1 fruit 207g
 57 Cantaloupe, raw organic Quantity: 1/4 medium 138g
 56 Cauliflower, green, raw Quantity: 1 cup 64g
 53 Avocado (green), Florida raw Quantity: 1 fruit 304g
 51 Cabbage, red, raw, chopped Quantity: 1 cup 89g
 47 Peach, frozen slices organic Quantity: 3/4 cup 140g
 46 Cauliflower, white, raw Quantity: 1 cup 100g
 45 Tomatoes, canned diced, no salt added Quantity: 14.5oz can
 41 Peas, sugar snap, raw Quantity: 20 pods 68g
 40 Garlic, raw organic Quantity: 1 clove 3g
 40 Cabbage, red, raw, shredded Quantity: 1 cup 70g
 38 Grapefruit, raw (pink or red) Quantity: 1/2 fruit 230g
 37 Tomato paste, Full Circle organic Quantity: 6oz can
 33 Squash zucchini (summer) Quantity: 1 medium
 32 Raspberries, raw Quantity: 1 cup 123g
 32 Bok Choy, raw, shredded Quantity: 1 cup 70g
 31 Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g
 31 Lemon, raw Quantity: 1 small 58g
 29 Pomegranate, raw Quantity: 4" 282g
 26 Avocado (green), Florida raw Quantity: 1/2 fruit 152g
 26 Turnip, raw Quantity: 1 medium 122g
 24 Jicama (yambean), raw Quantity: 1 cup slices 120g
 24 Peas, frozen Quantity: 1 cup 134g
 24 Spinach, baby raw Quantity: 2 cups 85g
 24 Tangerines, (mandarin oranges) raw Quantity: 1 medium 88g
 23 Watermelon, raw Quantity: 1 wedge, 1/16 melon
 23 Honeydew melon, raw Quantity: 1/8 of 5" melon
 22 Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g
 22 Potato, Sweet (cooked) with skin no salt Quantity: 1 medium 114g
 22 Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g
 21 Pumpkin: canned Quantity: 15oz 425g
 20 Lime, raw Quantity: 1 small 67g
 19 Tomato cherry, raw Quantity: 5 whole 1 cup
 18 Green beans, raw Quantity: 20 beans 1 cup 110g
 17 Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g
 16 Tomato, raw Quantity: 1 medium 123g
 15 Spinach, canned, no salt added Quantity: 1/2 cup 115g
 14 Blueberries, raw organic Quantity: 1 cup 148g
 14 Bean Sprouts, mung Quantity: 1 cup 104g
 13 Cranberries, raw Quantity: 1 cup 100g
 13 Lettuce, romaine hearts organic Quantity: 2 leaves 3oz
 12 Avocado (black), California raw Quantity: 1 fruit 201g
 12 Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz
 11 Leeks, raw Quantity: 1 leek 89g
 10 Banana, whole Quantity: 1 medium 118g

Vitamin C (mg)

10 Cilantro Quantity: 1 Tbsp 2g
 10 Peach, raw Quantity: 1 medium 150g
 9 Banana, whole Quantity: 1 small 101g
 9 Spinach, frozen, organic Quantity: 1 cup
 8 Apple, raw organic Quantity: 1 medium
 8 Cucumber, raw with peel Quantity: 8" whole 301g
 8 Onion, yellow, raw Quantity: 1 medium
 8 Nectarine, raw Quantity: 1 medium 142g
 8 Pear, raw Quantity: 1 medium 178g
 7 Beets, canned slices Quantity: 1 cup 170g
 7 Apple, raw organic Quantity: 1 small 149g
 6 Corn, sweet, yellow cooked Quantity: medium ear 103g
 6 Avocado (black), California raw Quantity: 1/2 fruit 100g
 6 Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63g
 6 Edamame, organic, frozen whole pods Quantity: 1/2 cup 113g
 6 Asparagus, spears Quantity: 6, 7" spears 100g
 6 Onion, green raw Quantity: 1 stalk 12g
 5 Squash spaghetti, cooked no salt Quantity: 1 cup 155g
 5 Cloves, ground Quantity: 1 Tbsp
 5 Grapes, raw seedless (red or purple) Quantity: 10 whole 49g
 5 Onion, yellow, raw Quantity: 1 small
 5 Tea, Green organic 30mg caffeine Quantity: 1 bag 2g
 5 Cherries, sweet, raw Quantity: 9 whole 70g
 5 Chili powder, ground Quantity: 1 Tbsp
 5 Paprika Quantity: 1 Tbsp 7g
 5 Blackberries, frozen Quantity: 1 cup 151g
 4 Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
 4 Blueberries, unsweetened frozen Quantity: 1 cup 155g
 4 Beets, cooked Quantity: 2 beets 100g
 4 Carrot, raw Quantity: 1 medium 61g
 3 Legumes, lentils, cooked Quantity: 1 cup 198g
 3 Bean Sprouts, alfalfa Quantity: 1 cup 33g
 3 Buttermilk, low fat cultured Quantity: 1 cup 245g
 2 Allspice Quantity: 1 Tbsp 5g
 2 Applesauce, unsweetened Quantity: 1 cup 244g
 2 Tarragon, ground Quantity: 1 Tbsp 5g
 2 Legumes, great northern beans, cooked Quantity: 1 cup 177g
 2 Legumes, red kidney beans, cooked Quantity: 1 cup 177g
 2 Thyme, ground Quantity: 1 Tbsp
 2 Mushrooms, white, whole Quantity: 1 cup 96g
 2 Parsley Quantity: 1 Tbsp 2g
 2 Rosemary, dried Quantity: 1 Tbsp 3g
 2 Turmeric, ground Quantity: 1 Tbsp
 2 Legumes, navy beans, cooked Quantity: 1 cup 182g
 2 Dill weed, dried Quantity: 1 Tbsp
 1 Caraway seed Quantity: 1 Tbsp 6g
 1 Chicken, breast tenderloins boneless skinless Quantity: 112g
 1 Pistachio nuts, raw Quantity: 49 nuts 28g
 1 Black Pepper Quantity: 1 Tbsp 6g
 1 Figs, raw Quantity: 1 large 64g
 1 Basil, dried leaves Quantity: 1 Tbsp 2g
 1 Celery, organic Quantity: medium stalk 40g
 1 Fennel Seed Quantity: 1 Tbsp
 1 Ginger root, raw Quantity: 1/4 cup sliced 24g
 1 Milk, 1% fat organic Quantity: 1 cup 246g
 1 Milk, fat free Quantity: 1 cup 246g
 1 Mushrooms, portabella caps Quantity: 3 caps 100g
 1 Turkey Sausage, lean, sweet Quantity: 1 link 91g

Vitamin D (iu)

100 Almond Milk, Silk PureAlmond Unsweetened-Original Quantity: 1 cup
 100 Almond Milk, Silk PureAlmond-Original Quantity: 1 cup
 100 Coconut Milk, Silk PureCoconut-Original Quantity: 1 cup
 100 Milk, 1% fat organic Quantity: 1 cup 246g
 100 Milk, fat free Quantity: 1 cup 246g
 100 Yogurt, organic plain lowfat Quantity: 1 cup 227g
 100 Yogurt, organic plain nonfat Quantity: 1 cup 227g
 40 Cottage Cheese, low fat 2% milkfat Quantity: 1/2 cup 113g
 40 Oat Bran, organic Quantity: 1/4 cup 40g
 17 Mushrooms, white, whole Quantity: 1 cup 96g
 16 Mushrooms, portabella caps Quantity: 3 caps 100g
 12 Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g

Vitamin E (iu)

47 Almonds, raw whole Quantity: 24 nuts 28g
 16 Almonds, raw whole Quantity: 8 nuts 9g
 15 Almond Milk, Silk PureAlmond Unsweetened-Original Quantity: 1 cup
 15 Almond Milk, Silk PureAlmond-Original Quantity: 1 cup
 9 Sunflower seeds: whole, dried Quantity: 1oz 28g
 8 Avocado (green), Florida raw Quantity: 1 fruit 304g
 8 Egg, Brown cage free Egglard organic Quantity: 1 large
 7 Tomato paste, Full Circle organic Quantity: 6oz can
 6 Sunflower Oil high oleic 70% Quantity: 1 Tbsp 14g
 6 Pumpkin: canned Quantity: 15oz 425g
 5 Broccoli, frozen Green Giant Steamers Quantity: 2 cups
 5 Safflower Oil Quantity: 1 Tbsp
 5 Spinach, frozen, organic Quantity: 1 cup
 5 Wheat Germ, raw Quantity: 2 Tbsp 16g
 4 Avocado (green), Florida raw Quantity: 1/2 fruit 152g
 4 Flour, quinoa Quantity: 1 cup
 3 Chili powder, ground Quantity: 1 Tbsp
 3 Tomatoes, canned diced, no salt added Quantity: 14.5oz can
 3 Olive Oil Quantity: 1 Tbsp 14g
 3 Paprika Quantity: 1 Tbsp 7g
 3 Peanut butter, creamy organic Quantity: 2 Tbsp
 3 Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g
 3 Turnip greens, raw Quantity: 2 cups 100g
 3 Avocado (black), California raw Quantity: 1 fruit 201g
 3 Pepper, sweet red raw Quantity: 1 large 164g
 3 Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g
 2 Spinach, canned, no salt added Quantity: 1/2 cup 115g
 2 Mango, raw Quantity: 1 fruit 207g
 2 Flour, brown rice Quantity: 1 cup 158g
 2 Blackberries, frozen Quantity: 1 cup 151g
 2 Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g
 2 Jicama (yambean), raw Quantity: 1 small 365g
 2 Pomegranate, raw Quantity: 4" 282g
 2 Spinach, baby raw Quantity: 2 cups 85g
 2 Brazil Nuts, raw Quantity: 6 nuts 28g
 2 Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
 2 Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz
 1 Avocado (black), California raw Quantity: 1/2 fruit 100g
 1 Cranberries, raw Quantity: 1 cup 100g
 1 Quinoa Quantity: 1/4 cup 46g
 1 Asparagus, spears Quantity: 6, 7"spears 100g
 1 Nectarine, raw Quantity: 1 medium 142g
 1 Olives, green canned Quantity: 14 whole 28g
 1 Papaya, raw Quantity: 1 small 152g
 1 Peach, raw Quantity: 1 medium 150g
 1 Raspberries, raw Quantity: 1 cup 123g
 1 Beets, canned slices Quantity: 1 cup 170g
 1 Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g
 1 Olive Oil, extra virgin Quantity: 1 tsp
 1 Strawberries, raw organic Quantity: 1 pint 357g

Calcium (mg)

450 Almond Milk, Silk PureAlmond Unsweetened-Original Quantity: 1 cup
 450 Almond Milk, Silk PureAlmond-Original Quantity: 1 cup
 450 Coconut Milk, Silk PureCoconut-Original Quantity: 1 cup
 400 Yogurt, organic plain lowfat Quantity: 1 cup 227g
 400 Yogurt, organic plain nonfat Quantity: 1 cup 227g
 337 Ricotta Cheese, part skim milk Quantity: 1/2 cup 24g
 300 Milk, 1% fat organic Quantity: 1 cup 246g
 300 Milk, fat free Quantity: 1 cup 246g
 284 Buttermilk, low fat cultured Quantity: 1 cup 245g
 207 Lettuce, romaine, raw Quantity: 1 head, 626g
 201 Spinach, frozen, organic Quantity: 1 cup
 200 Yogurt, organic Greek plain nonfat Quantity: 5.3oz 150g
 190 Turnip greens, raw Quantity: 2 cups 100g
 150 Cottage Cheese, low fat 2% milkfat Quantity: 1/2 cup 113g
 140 Tomatoes, canned diced, no salt added Quantity: 14.5oz can
 126 Legumes, navy beans, cooked Quantity: 1 cup 182g
 121 Broccoli, frozen Green Giant Steamers Quantity: 2 cups
 120 Garlic, raw organic Quantity: 6 cloves 18g
 120 Legumes, great northern beans, cooked Quantity: 1 cup 177g
 107 Cauliflower, green, raw Quantity: small head 325g
 100 Spinach, canned, no salt added Quantity: 1/2 cup 115g
 100 Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63g
 91 Kale greens, raw Quantity: 1 cup chopped 67g
 88 Sesame seeds, whole, dried Quantity: 1 Tbsp 9g
 84 Squash butternut (winter), cooked no salt Quantity: 1 cup cubed. 205g
 83 Parsley, raw Quantity: 1 cup 60g
 80 Thyme, ground Quantity: 1 Tbsp
 80 Almonds, raw whole Quantity: 24 nuts 28g
 80 Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g
 80 Spinach, baby raw Quantity: 2 cups 85g
 78 Cinnamon, ground Quantity: 1 Tbsp
 74 Bok Choy, raw, shredded Quantity: 1 cup 70g
 72 Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g
 69 Cottage Cheese, low fat 1% milkfat Quantity: 1/2 cup 113g
 69 Fennel Seed Quantity: 1 Tbsp
 60 Orange, navel Quantity: 1 medium
 60 Cumin, seed Quantity: 1 Tbsp
 60 Garlic, raw organic Quantity: 3 cloves 9g
 60 Turkey Sausage, lean, sweet Quantity: 1 link 91g
 58 Cauliflower, white, raw Quantity: 1 small, 265g
 57 Mustard Seed, yellow Quantity: 1 Tbsp 11g
 57 Strawberries, raw organic Quantity: 1 pint 357g
 54 Tarragon, ground Quantity: 1 Tbsp 5g
 54 Dill weed, dried Quantity: 1 Tbsp
 53 Legumes, black beans, canned Quantity: 1/2 cup 130g
 53 Leeks, raw Quantity: 1 leek 89g
 50 Cucumber, raw with peel Quantity: 8" whole 301g
 50 Legumes, red kidney beans, cooked Quantity: 1 cup 177g
 49 Flour, buckwheat Quantity: 1 cup 120g
 47 Flour, barley Quantity: 1 cup 148g
 46 Anchovies, canned in oil, drained solids Quantity: 5 fillets 20g
 46 Legumes, black beans, cooked Quantity: 1 cup 172g
 45 Brazil Nuts, raw Quantity: 6 nuts 28g
 45 Caraway seed Quantity: 1 Tbsp 6g
 44 Blackberries, frozen Quantity: 1 cup 151g
 44 Jicama (yambean), raw Quantity: 1 small 365g
 43 Potato, Sweet (cooked) with skin no salt Quantity: 1 medium 114g
 43 Almond Butter Quantity: 1 Tbsp
 43 Broccoli, raw chopped Quantity: 1 cup 91g
 42 Basil, dried leaves Quantity: 1 Tbsp 2g
 42 Cloves, ground Quantity: 1 Tbsp
 42 Rosemary, dried Quantity: 1 Tbsp 3g
 41 Green beans, raw Quantity: 20 beans 1 cup 110g
 40 Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g
 40 Allspice Quantity: 1 Tbsp 5g
 40 Bread, Pepperidge Farm Whole Grain double fiber Quantity: 1 slice 43g
 40 Cabbage, red, raw, chopped Quantity: 1 cup 89g
 40 Celery, organic Quantity: medium stalk 40g
 40 Flour, quinoa Quantity: 1 cup

Calcium (mg)

40 Pumpkin: canned Quantity: 15oz 425g
 40 Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g
 40 Tomato Juice, V8 low sodium Quantity: 1 cup
 40 Turkey, ground 93/7 lean Quantity: 4oz
 40 Sour Cream, light Quantity: 1oz 28g
 39 Tomato Juice, V8 Quantity: 1 cup 243g
 38 Legumes, lentils, cooked Quantity: 1 cup 198g
 37 Brussels sprouts Quantity: 3 whole, 88g
 37 Turnip, raw Quantity: 1 medium 122g
 37 Papaya, raw Quantity: 1 small 152g
 36 Peas green, raw Quantity: 1 cup 145g
 35 Edamame, organic, frozen whole pods Quantity: 1/2 cup 113g
 35 Sour Cream, fat free Quantity: 1oz 28g
 33 Sage, ground Quantity: 1 Tbsp
 33 Squash spaghetti, cooked no salt Quantity: 1 cup 155g
 33 Tangerines, (mandarin oranges) raw Quantity: 1 medium 88g
 32 Cabbage, red, raw, shredded Quantity: 1 cup 70g
 31 Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g
 31 Raspberries, raw Quantity: 1 cup 123g
 30 Avocado (green), Florida raw Quantity: 1 fruit 304g
 30 Pistachio nuts, raw Quantity: 49 nuts 28g
 30 Marjoram, dried Quantity: 1 Tbsp 2g
 30 Peas, frozen Quantity: 1 cup 134g
 29 Squash zucchini (summer) Quantity: 1 medium
 29 Peas, sugar snap, raw Quantity: 20 pods 68g
 28 Pomegranate, raw Quantity: 4" 282g
 28 Walnuts, raw unsalted Quantity: 5 whole 28g
 28 Oregano, dried Quantity: 1 tsp
 27 Black Pepper Quantity: 1 Tbsp 6g
 27 Grapefruit, raw (pink or red) Quantity: 1/2 fruit 230g
 27 Almonds, raw whole Quantity: 8 nuts 9g
 26 Flax seeds, organic (grind up to eat) Quantity: 1 Tbsp
 26 Beets, canned slices Quantity: 1 cup 170g
 25 Onion, yellow, raw Quantity: 1 medium
 25 Olives, ripe canned Quantity: 7 large 28g
 24 Asparagus, spears Quantity: 6, 7" spears 100g
 24 Macadamia nuts, raw Quantity: 12 nuts 28g
 24 Strawberries, raw organic Quantity: 8 medium 147g
 22 Figs, raw Quantity: 1 large 64g
 22 Lime, raw Quantity: 1 small 67g
 22 Cauliflower, white, raw Quantity: 1 cup 100g
 22 Parsley Quantity: 1 Tbsp 2g
 22 Cilantro Quantity: 1 Tbsp 2g
 22 Sunflower seeds: whole, dried Quantity: 1oz 28g
 22 Pineapple, raw Quantity: 1 cup chunks 165g
 21 Cauliflower, green, raw Quantity: 1 cup 64g
 21 Chili powder, ground Quantity: 1 Tbsp
 21 Mango, raw Quantity: 1 fruit 207g
 21 Turkey, ground breast 99% lean Quantity: 4oz
 20 Carrot, raw Quantity: 1 medium 61g
 20 Chicken, breast tenderloins boneless skinless Quantity: 112g
 20 Dates, Medjool, California Quantity: 2 dates 46g
 20 Egg, Brown cage free Eggland organic Quantity: 1 large
 20 Garlic, raw organic Quantity: 1 clove 3g
 20 Grape juice, Welch's unsweetened Quantity: 1/2 cup 4oz
 20 Legumes, dark red kidney beans, canned Quantity: 1/2 cup 130g
 20 Oat Bran, organic Quantity: 1/4 cup 40g
 20 Orange, Cara Cara Quantity: 1 medium 154g
 20 Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56g
 20 Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g
 20 Turkey, sausage links 90/10 lean, Jennie-O Quantity: 2 links 56g
 20 Watermelon, raw Quantity: 1 wedge, 1/16 melon
 20 Whey Protein Booster Vanilla Powder, Naturade Quantity: 2 Tbsp 20g
 20 Pecans, raw unsalted Quantity: 19 halves 28g
 19 Spelt, cooked Quantity: 1 cup
 19 Beef, ground round 85% lean (cooked) Quantity: 3oz 85g
 18 Lettuce, romaine hearts organic Quantity: 2 leaves 3oz
 18 Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113g
 18 Yeast, regular Quantity: 1oz 28g
 18 Avocado (black), California raw Quantity: 1 fruit 201g

Calcium (mg) continued

17 Flour, brown rice Quantity: 1 cup 158g
 16 Pepper, sweet green raw Quantity: 1 large 164g
 16 Ginger, ground Quantity: 1 Tbsp 5g
 16 Onion, yellow, raw Quantity: 1 small
 16 Beets, cooked Quantity: 2 beets 100g
 16 Pear, raw Quantity: 1 medium 178g
 16 Mushrooms, brown, whole Quantity: 1 cup 87g
 16 Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g
 15 Avocado (green), Florida raw Quantity: 1/2 fruit 152g
 15 Lemon, raw Quantity: 1 small 58g
 15 Orange Juice, raw Quantity: 1/2 cup 4oz
 15 Bay Leaf Quantity: 1 Tbsp
 15 Olives, green canned Quantity: 14 whole 28g
 14 Jicama (yambean), raw Quantity: 1 cup slices 120g
 14 Plums, dried Sun-maid Quantity: 3 pitted 28g
 14 Cantaloupe, raw organic Quantity: 1/4 medium 138g
 14 Tilapia, cooked dry heat Quantity: 4oz 100g
 14 Pomegranate Juice, unsweetened Quantity: 1/2 cup 125g
 14 Bean Sprouts, mung whole Quantity: 1 cup 104g
 13 Raisins Quantity: 50 whole 26g
 13 Nutmeg, ground Quantity: 1 Tbsp
 13 Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g
 12 Blueberries, unsweetened frozen Quantity: 1 cup 155g
 12 Turmeric, ground Quantity: 1 Tbsp
 12 Tomato, raw Quantity: 1 medium 123g
 12 Prunes, raw Quantity: 3 whole 28g
 12 Bison Burger (cooked) Quantity: 3oz 85g
 12 Tuna, canned in water, white albacore Quantity: 3oz 85g
 12 Pepper, sweet red raw Quantity: 1 large 164g
 11 Apple, raw organic Quantity: 1 medium
 11 Bean Sprouts, alfalfa Quantity: 1 cup 33g
 10 Cashews, raw whole Quantity: 1oz 28g
 10 Pasta, Spinach (cooked) Quantity: 2oz 56g
 10 Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz
 10 Dates, Medjool, California Quantity: 1 date 23g
 10 Paprika Quantity: 1 Tbsp 7g
 10 Pepper, sweet yellow or orange raw Quantity: 1 large 186g
 10 Tomato cherry, raw Quantity: 5 whole 1 cup
 10 Applesauce, unsweetened Quantity: 1 cup 244g
 10 Dates, Deglet Noor Sun-maid Quantity: 2 dates pitted 14g
 9 Cherries, sweet, raw Quantity: 9 whole 70g
 9 Peach, raw Quantity: 1 medium 150g
 9 Apple, raw organic Quantity: 1 small 149g
 9 Blueberries, raw organic Quantity: 1 cup 148g
 9 Avocado (black), California raw Quantity: 1/2 fruit 100g
 9 Nectarine, raw Quantity: 1 medium 142g
 8 Cranberries, raw Quantity: 1 cup 100g
 8 Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
 8 Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g
 8 Honeydew melon, raw Quantity: 1/8 of 5"melon
 7 Onion, green raw Quantity: 1 stalk 12g
 7 Coffee, instant 47mg caffeine Quantity: 3/4 cup 179g
 7 Corn, yellow frozen, microwaved Quantity: 1 cup 141g
 7 Cocoa, Hershey's unsweetened Quantity: 1 Tbsp
 6 Banana, whole Quantity: 1 medium 118g
 5 Banana, whole Quantity: 1 small 101g
 5 Grapes, raw seedless (red or purple) Quantity: 10 whole 49g
 5 Dates, Deglet Noor Sun-maid Quantity: 1 date pitted 7g
 5 Tea, Chamomile organic 0mg caffeine Quantity: 1 cup brewed
 4 Ginger root, raw Quantity: 1/4 cup sliced 24g
 3 Corn, sweet, yellow cooked Quantity: medium ear 103g
 3 Lemon grass (citronella), raw Quantity: 1 Tbsp 5g
 2 Apple Butter, no sugar added, organic Quantity: 1 Tbsp 17g
 2 Tea, Green organic 30mg caffeine Quantity: 1 bag 2g
 2 Tea, Oolong (black & green) organic 30mg caffeine Quantity: 1 bag 2g
 2 Tea, White (peony) organic 20mg caffeine Quantity: 1 bag 2g
 2 Ginger root, raw Quantity: 5 slices (1" diam) 11g
 2 Peach, frozen slices organic Quantity: 3/4 cup 140g
 1 Tea, Rooibos organic 0mg caffeine Quantity: 1 bag 2g

Magnesium (mg)

317 Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g
 301 Flour, buckwheat Quantity: 1 cup 120g
 236 Flour, quinoa Quantity: 1 cup
 177 Flour, brown rice Quantity: 1 cup 158g
 166 Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g
 151 Pumpkin seeds, dried hulled Quantity: 1/4 cup 30g
 142 Flour, barley Quantity: 1 cup 148g
 120 Legumes, black beans, cooked Quantity: 1 cup 172g
 118 Quinoa Quantity: 1/4 cup 46g
 117 Spinach, frozen, organic Quantity: 1 cup
 115 Pumpkin: canned Quantity: 15oz 425g
 106 Brazil Nuts, raw Quantity: 6 nuts 28g
 96 Legumes, navy beans, cooked Quantity: 1 cup 182g
 95 Spelt, cooked Quantity: 1 cup
 93 Spinach, canned, no salt added Quantity: 1/2 cup 115g
 91 Sunflower seeds: whole, dried Quantity: 1oz 28g
 89 Legumes, great northern beans, cooked Quantity: 1 cup 177g
 88 Lettuce, romaine, raw Quantity: 1 head, 626g
 82 Pasta, Rotini 100% whole wheat Quantity: 2oz 56g
 82 Pasta, Capellini 100% whole wheat organic Quantity: 2oz 56g
 82 Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g
 80 Almonds, raw whole Quantity: 24 nuts 28g
 80 Legumes, black beans, canned Quantity: 1/2 cup 130g
 80 Legumes, red kidney beans, cooked Quantity: 1 cup 177g
 73 Avocado (green), Florida raw Quantity: 1 fruit 304g
 71 Tomato paste, Full Circle organic Quantity: 6oz can
 71 Legumes, lentils, cooked Quantity: 1 cup 198g
 69 Oats, rolled, quick organic Quantity: 1/2 cup 40g
 67 Spinach, baby raw Quantity: 2 cups 85g
 66 Rice, brown long grain organic Quantity: 1/4 cup 45g
 65 Cauliflower, green, raw Quantity: small head 325g
 59 Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g
 54 Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113g
 53 Tomatoes, canned diced, no salt added Quantity: 14.5oz can
 52 Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g
 49 Almond Butter Quantity: 1 Tbsp
 48 Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g
 48 Peanut butter, creamy organic Quantity: 2 Tbsp
 48 Yogurt, organic plain lowfat Quantity: 1 cup 227g
 48 Yogurt, organic plain nonfat Quantity: 1 cup 227g
 48 Peas green, raw Quantity: 1 cup 145g
 48 Broccoli, frozen Green Giant Steamers Quantity: 2 cups
 46 Strawberries, raw organic Quantity: 1 pint 357g
 46 Tangerines, (mandarin oranges) raw Quantity: 1 medium 88g
 45 Walnuts, raw unsalted Quantity: 5 whole 28g
 44 Jicama (yambean), raw Quantity: 1 small 365g
 40 Flax seeds, organic (grind up to eat) Quantity: 1 Tbsp
 40 Oat Bran, organic Quantity: 1/4 cup 40g
 40 Wheat Germ, raw Quantity: 2 Tbsp 16g
 40 Cauliflower, white, raw Quantity: 1 small, 265g
 39 Avocado (black), California raw Quantity: 1 fruit 201g
 39 Milk, 1% fat organic Quantity: 1 cup 246g
 39 Cucumber, raw with peel Quantity: 8" whole 301g
 37 Macadamia nuts, raw Quantity: 12 nuts 28g
 37 Avocado (green), Florida raw Quantity: 1/2 fruit 152g
 36 Edamame, organic, frozen whole pods Quantity: 1/2 cup 113g
 36 Orange Juice, raw Quantity: 1/2 cup 4oz
 35 Corn, yellow frozen, microwaved Quantity: 1 cup 141g
 35 Peas, frozen Quantity: 1 cup 134g
 34 Pecans, raw unsalted Quantity: 19 halves 28g
 34 Pistachio nuts, raw Quantity: 49 nuts 28g
 34 Tilapia, cooked dry heat Quantity: 4oz 100g
 34 Nectarine, raw Quantity: 1 medium 142g
 33 Squash zucchini (summer) Quantity: 1 medium
 33 Blackberries, frozen Quantity: 1 cup 151g
 33 Chicken, breast tenderloins boneless skinless Quantity: 112g
 33 Mustard Seed, yellow Quantity: 1 Tbsp 11g
 32 Banana, whole Quantity: 1 medium 118g
 32 Sesame seeds, whole, dried Quantity: 1 Tbsp 9g
 32 Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g

Magnesium (mg) continued

31 Turnip greens, raw Quantity: 2 cups 100g
 31 Potato, Sweet (cooked) with skin no salt Quantity: 1 medium 114g
 30 Parsley, raw Quantity: 1 cup 60g
 29 Beets, canned slices Quantity: 1 cup 170g
 28 Tuna, canned in water, white albacore Quantity: 3oz 85g
 28 Milk, fat free Quantity: 1 cup 246g
 28 Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g
 28 Green beans, raw Quantity: 20 beans 1 cup 110g
 27 Yeast, regular Quantity: 1oz 28g
 27 Banana, whole Quantity: 1 small 101g
 27 Raspberries, raw Quantity: 1 cup 123g
 27 Buttermilk, low fat cultured Quantity: 1 cup 245g
 27 Corn, sweet, yellow cooked Quantity: medium ear 103g
 27 Almonds, raw whole Quantity: 8 nuts 9g
 26 Cocoa, Hershey's unsweetened Quantity: 1 Tbsp
 25 Cocoa, Hershey's unsweetened dark Quantity: 1 Tbsp
 25 Leeks, raw Quantity: 1 leek 89g
 24 Yogurt, organic Greek plain nonfat Quantity: 5.3oz 150g
 23 Beets, cooked Quantity: 2 beets 100g
 23 Bread, Pepperidge Farm Whole Grain double fiber Quantity: 1 slice 43g
 23 Kale greens, raw Quantity: 1 cup chopped 67g
 23 Legumes, dark red kidney beans, canned Quantity: 1/2 cup 130g
 22 Pepper, sweet yellow or orange raw Quantity: 1 large 186g
 22 Fennel Seed Quantity: 1 Tbsp
 22 Cumin, seed Quantity: 1 Tbsp
 22 Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56g
 22 Bean Sprouts, mung Quantity: 1 cup 104g
 21 Beef, ground round 85% lean (cooked) Quantity: 3oz 85g
 20 Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g
 20 Brussels sprouts Quantity: 3 whole, 88g
 20 Turkey, ground 93/7 lean Quantity: 4oz
 20 Pineapple, raw Quantity: 1 cup chunks 165g
 20 Avocado (black), California raw Quantity: 1/2 fruit 100g
 20 Pepper, sweet red raw Quantity: 1 large 164g
 20 Turkey, ground breast 99% lean Quantity: 4oz
 20 Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g
 20 Bison Burger (cooked) Quantity: 3oz 85g
 19 Turkey Sausage, lean, sweet Quantity: 1 link 91g
 19 Broccoli, raw chopped Quantity: 1 cup 91g
 19 Strawberries, raw organic Quantity: 8 medium 147g
 19 Cantaloupe, raw organic Quantity: 1/4 medium 138g
 19 Ricotta Cheese, part skim milk Quantity: 1/2 cup 24g
 17 Cloves, ground Quantity: 1 Tbsp
 17 Squash spaghetti, cooked no salt Quantity: 1 cup 155g
 17 Caraway seed Quantity: 1 Tbsp 6g
 17 Tarragon, ground Quantity: 1 Tbsp 5g
 16 Orange, navel Quantity: 1 medium
 16 Papaya, raw Quantity: 1 small 152g
 16 Peas, sugar snap, raw Quantity: 20 pods 68g
 16 Pepper, sweet green raw Quantity: 1 large 164g
 16 Tomato cherry, raw Quantity: 5 whole 1 cup
 16 Watermelon, raw Quantity: 1 wedge, 1/16 melon
 16 Almond Milk, Silk PureAlmond Unsweetened-Original Quantity: 1 cup
 16 Almond Milk, Silk PureAlmond-Original Quantity: 1 cup
 16 Dates, Medjool, California Quantity: 2 dates 46g
 16 Grape juice, Welch's unsweetened Quantity: 1/2 cup 4oz
 16 Orange, Cara Cara Quantity: 1 medium 154g
 16 Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63g
 15 Pomegranate, raw Quantity: 4" 282g
 15 Cauliflower, white, raw Quantity: 1 cup 100g
 14 Jicama (yambean), raw Quantity: 1 cup slices 120g
 14 Cabbage, red, raw, chopped Quantity: 1 cup 89g
 14 Asparagus, spears Quantity: 6, 7" spears 100g
 14 Anchovies, canned in oil, drained solids Quantity: 5 fillets 20g
 14 Pasta, Spinach (cooked) Quantity: 2oz 56g
 14 Figs, raw Quantity: 1 large 64g
 14 Dill weed, dried Quantity: 1 Tbsp
 14 Grapefruit, raw (pink or red) Quantity: 1/2 fruit 230g
 14 Tomato, raw Quantity: 1 medium 123g
 13 Turnip, raw Quantity: 1 medium 122g
 13 Bok Choy, raw, shredded Quantity: 1 cup 70g
 13 Turmeric, ground Quantity: 1 Tbsp

Magnesium (mg)

13 Cauliflower, green, raw Quantity: 1 cup 64g
 13 Chili powder, ground Quantity: 1 Tbsp
 13 Nutmeg, ground Quantity: 1 Tbsp
 13 Grapes, raw seedless (red or purple) Quantity: 10 whole 49g
 13 Raisins Quantity: 50 whole 26g
 12 Black Pepper Quantity: 1 Tbsp 6g
 12 Cilantro Quantity: 1 Tbsp 2g
 12 Paprika Quantity: 1 Tbsp 7g
 12 Prunes, raw Quantity: 3 whole 28g
 11 Cabbage, red, raw, shredded Quantity: 1 cup 70g
 11 Onion, yellow, raw Quantity: 1 medium
 11 Dates, Deglet Noor Sun-maid Quantity: 2 dates pitted 14g
 11 Plums, dried Sun-maid Quantity: 3 pitted 28g
 11 Peach, frozen slices organic Quantity: 3/4 cup 140g
 10 Ginger root, raw Quantity: 1/4 cup sliced 24g
 10 Turkey, sausage links 90/10 lean, Jennie-O Quantity: 2 links 56g
 10 Ginger, ground Quantity: 1 Tbsp 5g
 9 Thyme, ground Quantity: 1 Tbsp
 9 Apple, raw organic Quantity: 1 medium
 9 Peach, raw Quantity: 1 medium 150g
 9 Bean Sprouts, alfalfa Quantity: 1 cup 33g
 9 Mango, raw Quantity: 1 fruit 207g
 9 Pomegranate Juice, unsweetened Quantity: 1/2 cup 125g
 9 Mushrooms, portabella caps Quantity: 3 caps 100g
 9 Mushrooms, white, whole Quantity: 1 cup 96g
 9 Sage, ground Quantity: 1 Tbsp
 8 Basil, dried leaves Quantity: 1 Tbsp 2g
 8 Allspice Quantity: 1 Tbsp 5g
 8 Dates, Medjool, California Quantity: 1 date 23g
 8 Egg, Brown cage free Eggland organic Quantity: 1 large
 8 Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
 8 Cottage Cheese, low fat 2% milkfat Quantity: 1/2 cup 113g
 8 Blueberries, unsweetened frozen Quantity: 1 cup 155g
 8 Lettuce, romaine hearts organic Quantity: 2 leaves 3oz
 8 Mushrooms, brown, whole Quantity: 1 cup 87g
 8 Cherries, sweet, raw Quantity: 9 whole 70g
 8 Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz
 8 Apple, raw organic Quantity: 1 small 149g
 7 Applesauce, unsweetened Quantity: 1 cup 244g
 7 Carrot, raw Quantity: 1 medium 61g
 7 Coffee, instant 47mg caffeine Quantity: 3/4 cup 179g
 7 Rosemary, dried Quantity: 1 Tbsp 3g
 7 Onion, yellow, raw Quantity: 1 small
 6 Cranberries, raw Quantity: 1 cup 100g
 6 Cottage Cheese, low fat 1% milkfat Quantity: 1/2 cup 113g
 5 Dates, Deglet Noor Sun-maid Quantity: 1 date pitted 7g
 5 Marjoram, dried Quantity: 1 Tbsp 2g
 5 Cinnamon, ground Quantity: 1 Tbsp
 5 Ginger root, raw Quantity: 5 slices (1" diam) 11g
 5 Oregano, dried Quantity: 1 tsp
 5 Lemon, raw Quantity: 1 small 58g
 4 Celery, organic Quantity: medium stalk 40g
 4 Garlic, raw organic Quantity: 6 cloves 18g
 4 Honeydew melon, raw Quantity: 1/8 of 5" melon
 4 Lime, raw Quantity: 1 small 67g
 4 Parsley Quantity: 1 Tbsp 2g
 3 Blueberries, raw organic Quantity: 1 cup 148g
 3 Olives, green canned Quantity: 14 whole 28g
 3 Whey Protein Booster Vanilla Powder, Naturade Quantity: 2 Tbsp 20g
 3 Lemon grass (citronella), raw Quantity: 1 Tbsp 5g
 3 Sour Cream, fat free Quantity: 1oz 28g
 3 Sour Cream, light Quantity: 1oz 28g
 2 Onion, green raw Quantity: 1 stalk 12g
 2 Tea, Chamomile organic 0mg caffeine Quantity: 1 cup brewed
 2 Tea, Earl Grey (black) organic 47mg caffeine Quantity: 1 cup brewed
 2 Garlic, raw organic Quantity: 3 cloves 9g
 2 Bay Leaf Quantity: 1 Tbsp
 1 Olives, ripe canned Quantity: 7 large 28g
 1 Tea, Green organic 30mg caffeine Quantity: 1 bag 2g
 1 Tea, Oolong (black & green) organic 30mg caffeine Quantity: 1 bag 2g
 1 Tea, White (peony) organic 20mg caffeine Quantity: 1 bag 2g

Potassium (mg)

1724 Tomato paste, Full Circle organic Quantity: 6oz can
 1546 Lettuce, romaine, raw Quantity: 1 head, 626g
 1067 Avocado (green), Florida raw Quantity: 1 fruit 304g
 1030 Pumpkin: canned Quantity: 15oz 425g
 975 Cauliflower, green, raw Quantity: small head 325g
 952 Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g
 943 Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g
 934 Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g
 902 Tomatoes, canned diced, no salt added Quantity: 14.5oz can
 803 Cauliflower, white, raw Quantity: 1 small, 265g
 731 Legumes, lentils, cooked Quantity: 1 cup 198g
 713 Legumes, red kidney beans, cooked Quantity: 1 cup 177g
 708 Legumes, navy beans, cooked Quantity: 1 cup 182g
 692 Flour, buckwheat Quantity: 1 cup 120g
 692 Legumes, great northern beans, cooked Quantity: 1 cup 177g
 689 Avocado (black), California raw Quantity: 1 fruit 201g
 666 Pomegranate, raw Quantity: 4" 282g
 636 Flour, quinoa Quantity: 1 cup
 611 Legumes, black beans, cooked Quantity: 1 cup 172g
 582 Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g
 560 Yeast, regular Quantity: 1oz 28g
 548 Jicama (yambean), raw Quantity: 1 small 365g
 546 Strawberries, raw organic Quantity: 1 pint 357g
 541 Potato, Sweet (cooked) with skin no salt Quantity: 1 medium 114g
 540 Spinach, frozen, organic Quantity: 1 cup
 540 Yogurt, organic plain nonfat Quantity: 1 cup 227g
 534 Avocado (green), Florida raw Quantity: 1/2 fruit 152g
 522 Broccoli, frozen Green Giant Steamers Quantity: 2 cups
 514 Squash zucchini (summer) Quantity: 1 medium
 510 Yogurt, organic plain lowfat Quantity: 1 cup 227g
 486 Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g
 484 Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113g
 474 Spinach, baby raw Quantity: 2 cups 85g
 469 Tomato Juice, V8 Quantity: 1 cup 243g
 469 Tomato Juice, V8 low sodium Quantity: 1 cup
 457 Flour, barley Quantity: 1 cup 148g
 457 Flour, brown rice Quantity: 1 cup 158g
 443 Milk, 1% fat organic Quantity: 1 cup 246g
 442 Cucumber, raw with peel Quantity: 8" whole 301g
 423 Spinach, canned, no salt added Quantity: 1/2 cup 115g
 422 Banana, whole Quantity: 1 medium 118g
 417 Cantaloupe, raw organic Quantity: 1/4 medium 138g
 407 Legumes, black beans, canned Quantity: 1/2 cup 130g
 394 Pepper, sweet yellow or orange raw Quantity: 1 large 186g
 391 Papaya, raw Quantity: 1 small 152g
 390 Mushrooms, brown, whole Quantity: 1 cup 87g
 389 Corn, yellow frozen, microwaved Quantity: 1 cup 141g
 380 Tilapia, cooked dry heat Quantity: 4oz 100g
 370 Buttermilk, low fat cultured Quantity: 1 cup 245g
 362 Banana, whole Quantity: 1 small 101g
 354 Peas green, raw Quantity: 1 cup 145g
 353 Tomato cherry, raw Quantity: 5 whole 1 cup
 346 Beef, ground round 85% lean (cooked) Quantity: 3oz 85g
 346 Pepper, sweet red raw Quantity: 1 large 164g
 345 Avocado (black), California raw Quantity: 1/2 fruit 100g
 342 Brussels sprouts Quantity: 3 whole, 88g
 332 Parsley, raw Quantity: 1 cup 60g
 323 Mango, raw Quantity: 1 fruit 207g
 320 Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g
 320 Watermelon, raw Quantity: 1 wedge, 1/16 melon
 318 Quinoa Quantity: 1/4 cup 46g
 309 Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g
 305 Beets, cooked Quantity: 2 beets 100g
 305 Mushrooms, portabella caps Quantity: 3 caps 100g
 305 Mushrooms, white, whole Quantity: 1 cup 96g
 303 Cauliflower, white, raw Quantity: 1 cup 100g
 301 Chicken, breast tenderloins boneless skinless Quantity: 112g
 301 Milk, fat free Quantity: 1 cup 246g
 300 Bison Burger (cooked) Quantity: 3oz 85g
 299 Kale greens, raw Quantity: 1 cup chopped 67g

Potassium (mg)

296 Turnip greens, raw Quantity: 2 cups 100g
 292 Tomato, raw Quantity: 1 medium 123g
 290 Pistachio nuts, raw Quantity: 49 nuts 28g
 288 Broccoli, raw chopped Quantity: 1 cup 91g
 287 Pepper, sweet green raw Quantity: 1 large 164g
 285 Honeydew melon, raw Quantity: 1/8 of 5"melon
 285 Nectarine, raw Quantity: 1 medium 142g
 285 Peach, raw Quantity: 1 medium 150g
 285 Edamame, organic, frozen whole pods Quantity: 1/2 cup 113g
 277 Spelt, cooked Quantity: 1 cup
 271 Turkey Sausage, lean, sweet Quantity: 1 link 91g
 252 Beets, canned slices Quantity: 1 cup 170g
 250 Orange, Cara Cara Quantity: 1 medium 154g
 248 Orange Juice, raw Quantity: 1/2 cup 4oz
 233 Turnip, raw Quantity: 1 medium 122g
 232 Orange, navel Quantity: 1 medium
 230 Green beans, raw Quantity: 20 beans 1 cup 110g
 230 Yogurt, organic Greek plain nonfat Quantity: 5.3oz 150g
 228 Pumpkin seeds, dried hulled Quantity: 1/4 cup 30g
 226 Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63g
 225 Strawberries, raw organic Quantity: 8 medium 147g
 221 Turkey, ground 93/7 lean Quantity: 4oz
 221 Turkey, ground breast 99% lean Quantity: 4oz
 220 Pomegranate Juice, unsweetened Quantity: 1/2 cup 125g
 218 Corn, sweet, yellow cooked Quantity: medium ear 103g
 218 Plums, dried Sun-maid Quantity: 3 pitted 28g
 216 Cabbage, red, raw, chopped Quantity: 1 cup 89g
 212 Pear, raw Quantity: 1 medium 178g
 211 Blackberries, frozen Quantity: 1 cup 151g
 208 Peanut butter, creamy organic Quantity: 2 Tbsp
 205 Peas, frozen Quantity: 1 cup 134g
 205 Prunes, raw Quantity: 3 whole 28g
 202 Legumes, dark red kidney beans, canned Quantity: 1/2 cup 130g
 202 Asparagus, spears Quantity: 6, 7"spears 100g
 201 Tuna, canned in water, white albacore Quantity: 3oz 85g
 200 Almonds, raw whole Quantity: 24 nuts 28g
 200 Dates, Medjool, California Quantity: 2 dates 46g
 195 Apple, raw organic Quantity: 1 medium
 195 Carrot, raw Quantity: 1 medium 61g
 195 Raisins Quantity: 50 whole 26g
 192 Cauliflower, green, raw Quantity: 1 cup 64g
 186 Brazil Nuts, raw Quantity: 6 nuts 28g
 186 Raspberries, raw Quantity: 1 cup 123g
 185 Cashews, raw whole Quantity: 1oz 28g
 181 Applesauce, unsweetened Quantity: 1 cup 244g
 181 Squash spaghetti, cooked no salt Quantity: 1 cup 155g
 181 Sunflower seeds: whole, dried Quantity: 1oz 28g
 180 Jicama (yambean), raw Quantity: 1 cup slices 120g
 180 Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g
 180 Pineapple, raw Quantity: 1 cup chunks 165g
 176 Bok Choy, raw, shredded Quantity: 1 cup 70g
 170 Cabbage, red, raw, shredded Quantity: 1 cup 70g
 170 Turmeric, ground Quantity: 1 Tbsp
 167 Oats, rolled, quick organic Quantity: 1/2 cup 40g
 166 Grapefruit, raw (pink or red) Quantity: 1/2 fruit 230g
 164 Dates, Deglet Noor Sun-maid Quantity: 2 dates pitted 14g
 161 Onion, yellow, raw Quantity: 1 medium
 160 Leeks, raw Quantity: 1 leek 89g
 159 Apple, raw organic Quantity: 1 small 149g
 158 Paprika Quantity: 1 Tbsp 7g
 156 Cherries, sweet, raw Quantity: 9 whole 70g
 155 Bean Sprouts, mung Quantity: 1 cup 104g
 155 Ricotta Cheese, part skim milk Quantity: 1/2 cup 24g
 149 Figs, raw Quantity: 1 large 64g
 146 Tangerines, (mandarin oranges) raw Quantity: 1 medium 88g
 144 Chili powder, ground Quantity: 1 Tbsp
 143 Tarragon, ground Quantity: 1 Tbsp 5g
 138 Lettuce, romaine hearts organic Quantity: 2 leaves 3oz
 136 Peas, sugar snap, raw Quantity: 20 pods 68g

Potassium (mg) continued

125 Walnuts, raw unsalted Quantity: 5 whole 28g
 125 Wheat Germ, raw Quantity: 2 Tbsp 16g
 123 Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g
 121 Almond Butter Quantity: 1 Tbsp
 116 Oat Bran, organic Quantity: 1/4 cup 40g
 116 Pecans, raw unsalted Quantity: 19 halves 28g
 114 Blueberries, raw organic Quantity: 1 cup 148g
 110 Turkey, sausage links 90/10 lean, Jennie-O Quantity: 2 links 56g
 109 Anchovies, canned in oil, drained solids Quantity: 5 fillets 20g
 107 Cumin, seed Quantity: 1 Tbsp
 106 Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
 104 Celery, organic Quantity: medium stalk 40g
 104 Macadamia nuts, raw Quantity: 12 nuts 28g
 103 Rice, brown long grain organic Quantity: 1/4 cup 45g
 102 Onion, yellow, raw Quantity: 1 small
 100 Dates, Medjool, California Quantity: 1 date 23g
 100 Ginger root, raw Quantity: 1/4 cup sliced 24g
 99 Dill weed, dried Quantity: 1 Tbsp
 98 Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz
 97 Fennel Seed Quantity: 1 Tbsp
 97 Cottage Cheese, low fat 1% milkfat Quantity: 1/2 cup 113g
 95 Cottage Cheese, low fat 2% milkfat Quantity: 1/2 cup 113g
 94 Grapes, raw seedless (red or purple) Quantity: 10 whole 49g
 93 Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56g
 88 Caraway seed Quantity: 1 Tbsp 6g
 85 Cranberries, raw Quantity: 1 cup 100g
 84 Blueberries, unsweetened frozen Quantity: 1 cup 155g
 83 Flax seeds, organic (grind up to eat) Quantity: 1 Tbsp
 82 Dates, Deglet Noor Sun-maid Quantity: 1 date pitted 7g
 80 Cocoa, Hershey's unsweetened Quantity: 1 Tbsp
 80 Lemon, raw Quantity: 1 small 58g
 79 Black Pepper Quantity: 1 Tbsp 6g
 78 Cilantro Quantity: 1 Tbsp 2g
 75 Mustard Seed, yellow Quantity: 1 Tbsp 11g
 72 Garlic, raw organic Quantity: 6 cloves 18g
 72 Cloves, ground Quantity: 1 Tbsp
 71 Ginger, ground Quantity: 1 Tbsp 5g
 69 Bread, Pepperidge Farm Whole Grain double fiber Quantity: 1 slice 43g
 69 Basil, dried leaves Quantity: 1 Tbsp 2g
 68 Lime, raw Quantity: 1 small 67g
 67 Egg, Brown cage free Eggland organic Quantity: 1 large
 67 Almonds, raw whole Quantity: 8 nuts 9g
 65 Peach, frozen slices organic Quantity: 3/4 cup 140g
 63 Allspice Quantity: 1 Tbsp 5g
 60 Almond Milk, Silk PureAlmond Unsweetened-Original Quantity: 1 cup
 60 Almond Milk, Silk PureAlmond-Original Quantity: 1 cup
 60 Grape juice, Welch's unsweetened Quantity: 1/2 cup 4oz
 59 Sour Cream, light Quantity: 1oz 28g
 57 Parsley Quantity: 1 Tbsp 2g
 54 Coffee, instant 47mg caffeine Quantity: 3/4 cup 179g
 50 Tea, Earl Grey (black) organic 47mg caffeine Quantity: 1 cup brewed
 46 Ginger root, raw Quantity: 5 slices (1" diam) 11g
 42 Sesame seeds, whole, dried Quantity: 1 Tbsp 9g
 40 Coconut Milk, Silk PureCoconut-Original Quantity: 1 cup
 40 Whey Protein Booster Vanilla Powder, Naturade Quantity: 2 Tbsp 20g
 36 Garlic, raw organic Quantity: 3 cloves 9g
 36 Sour Cream, fat free Quantity: 1oz 28g
 35 Thyme, ground Quantity: 1 Tbsp
 34 Lemon grass (citronella), raw Quantity: 1 Tbsp 5g
 33 Cinnamon, ground Quantity: 1 Tbsp
 31 Onion, green raw Quantity: 1 stalk 12g
 31 Rosemary, dried Quantity: 1 Tbsp 3g
 29 Oregano, dried Quantity: 1 tsp
 26 Bean Sprouts, alfalfa Quantity: 1 cup 33g
 25 Nutmeg, ground Quantity: 1 Tbsp
 23 Marjoram, dried Quantity: 1 Tbsp 2g
 21 Sage, ground Quantity: 1 Tbsp
 21 Tea, Chamomile organic 0mg caffeine Quantity: 1 cup brewed
 21 Tea, Green organic 30mg caffeine Quantity: 1 bag 2g
 21 Pasta, Spinach (cooked) Quantity: 2oz 56g
 20 Tea, Oolong (black & green) organic 30mg caffeine Quantity: 1 bag 2g

Potassium (mg)

16 Apple Butter, no sugar added, organic Quantity: 1 Tbsp 17g
 12 Garlic, raw organic Quantity: 1 clove 3g
 12 Olives, green canned Quantity: 14 whole 28g
 10 Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g
 9 Bay Leaf Quantity: 1 Tbsp
 9 Tea, White (peony) organic 20mg caffeine Quantity: 1 bag 2g
 7 Tea, Rooibos organic 0mg caffeine Quantity: 1 bag 2g
 4 Cocoa, Hershey's unsweetened dark Quantity: 1 Tbsp
 4 Pasta, Capellini 100% whole wheat organic Quantity: 2oz 56g
 4 Pasta, Rotini 100% whole wheat Quantity: 2oz 56g
 2 Olives, ripe canned Quantity: 7 large 28g

Iron (mg)

8 Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g
 7 Pumpkin: canned Quantity: 15oz 425g
 7 Legumes, lentils, cooked Quantity: 1 cup 198g
 6 Lettuce, romaine, raw Quantity: 1 head, 626g
 5 Thyme, ground Quantity: 1 Tbsp
 5 Legumes, red kidney beans, cooked Quantity: 1 cup 177g
 5 Flour, quinoa Quantity: 1 cup
 5 Flour, buckwheat Quantity: 1 cup 120g
 5 Yeast, regular Quantity: 1oz 28g
 5 Almonds, raw whole Quantity: 24 nuts 28g
 4 Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g
 4 Legumes, navy beans, cooked Quantity: 1 cup 182g
 4 Flour, barley Quantity: 1 cup 148g
 4 Cumin, seed Quantity: 1 Tbsp
 4 Legumes, great northern beans, cooked Quantity: 1 cup 177g
 4 Parsley, raw Quantity: 1 cup 60g
 4 Legumes, black beans, cooked Quantity: 1 cup 172g
 4 Tomato paste, Full Circle organic Quantity: 6oz can
 3 Spelt, cooked Quantity: 1 cup
 3 Beets, canned slices Quantity: 1 cup 170g
 3 Flour, brown rice Quantity: 1 cup 158g
 3 Spinach, frozen, organic Quantity: 1 cup
 3 Turmeric, ground Quantity: 1 Tbsp
 3 Bison Burger (cooked) Quantity: 3oz 85g
 3 Pumpkin seeds, dried hulled Quantity: 1/4 cup 30g
 3 Spinach, baby raw Quantity: 2 cups 85g
 3 Tomatoes, canned diced, no salt added Quantity: 14.5oz can
 3 Beef, ground round 85% lean (cooked) Quantity: 3oz 85g
 2 Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g
 2 Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g
 2 Cauliflower, green, raw Quantity: small head 325g
 2 Broccoli, Green Giant frozen Steamers Quantity: 2 cups
 2 Jicama (yambean), raw Quantity: 1 small 365g
 2 Quinoa Quantity: 1/4 cup 46g
 2 Asparagus, spears Quantity: 6, 7"spears 100g
 2 Peas green, raw Quantity: 1 cup 145g
 2 Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g
 2 Peas, frozen Quantity: 1 cup 134g
 2 Cashews, raw whole Quantity: 1oz 28g
 2 Leeks, raw Quantity: 1 leek 89g
 2 Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g
 2 Black Pepper Quantity: 1 Tbsp 6g
 2 Cocoa, Hershey's unsweetened dark Quantity: 1 Tbsp
 2 Legumes, black beans, canned Quantity: 1/2 cup 130g
 2 Oat Bran Quantity: 1/4 cup 40g
 2 Oats, rolled, quick organic Quantity: 1/2 cup 40g
 2 Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56g
 2 Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g
 2 Turkey Sausage, lean, sweet Quantity: 1 link 91g
 2 Vegetable Protein Powder Quantity: 2 Tbsp 20g
 2 Paprika Quantity: 1 Tbsp 7g
 2 Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113g
 2 Turkey, ground breast 99% lean Quantity: 4oz
 2 Almonds, raw whole Quantity: 8 nuts 9g
 2 Parsley Quantity: 1 Tbsp 2g
 2 Strawberries, raw organic Quantity: 1 pint 357g
 2 Sunflower seeds: whole, dried Quantity: 1oz 28g
 2 Tarragon, ground Quantity: 1 Tbsp 5g

Iron (mg)

1 Dill weed, dried Quantity: 1 Tbsp
 1 Legumes, dark red kidney beans, canned Quantity: 1/2 cup 130g
 1 Peas, sugar snap, raw Quantity: 20 pods 68g
 1 Sesame seeds, whole, dried Quantity: 1 Tbsp 9g
 1 Edamame, organic, frozen whole pods Quantity: 1/2 cup 113g
 1 Blackberries, frozen Quantity: 1 cup 151g
 1 Brussels sprouts Quantity: 3 whole, 88g
 1 Cauliflower, white, raw Quantity: 1 small, 265g
 1 Marjoram, dried Quantity: 1 Tbsp 2g
 1 Pistachio nuts, raw Quantity: 49 nuts 28g
 1 Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g
 1 Caraway seed Quantity: 1 Tbsp 6g
 1 Chili powder, ground Quantity: 1 Tbsp
 1 Fennel Seed Quantity: 1 Tbsp
 1 Green beans, raw Quantity: 20 beans 1 cup 110g
 1 Kale greens, raw Quantity: 1 cup chopped 67g
 1 Mustard Seed, yellow Quantity: 1 Tbsp 11g
 1 Turnip greens, raw Quantity: 2 cups 100g
 1 Bread, Pepperidge Farm Whole Grain double fiber Quantity: 1 slice 43g
 1 Pasta, Capellini 100% whole wheat organic Quantity: 2oz 56g
 1 Pasta, Rotini 100% whole wheat Quantity: 2oz 56g
 1 Spinach, canned, no salt added Quantity: 1/2 cup 115g
 1 Wheat Germ, raw Quantity: 2 Tbsp 16g
 1 Macadamia nuts, raw Quantity: 12 nuts 28g
 1 Rosemary, dried Quantity: 1 Tbsp 3g

Vitamin A (iu)

77825 Pumpkin: canned Quantity: 15oz 425g
 54530 Lettuce, romaine, raw Quantity: 1 head, 626g
 22869 Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g
 21907 Potato, Sweet (cooked) with skin no salt Quantity: 1 medium 114g
 18291 Spinach, frozen, organic Quantity: 1 cup
 11586 Turnip greens, raw Quantity: 2 cups 100g
 10302 Kale greens, raw Quantity: 1 cup chopped 67g
 10190 Carrot, raw Quantity: 1 medium 61g
 8000 Spinach, baby raw Quantity: 2 cups 85g
 5276 Cantaloupe, raw organic Quantity: 1/4 medium 138g
 5135 Pepper, sweet red raw Quantity: 1 large 164g
 5055 Parsley, raw Quantity: 1 cup 60g
 4878 Lettuce, romaine hearts organic Quantity: 2 leaves 3oz
 3720 Broccoli, frozen Green Giant Steamers Quantity: 2 cups
 3550 Paprika Quantity: 1 Tbsp 7g
 3128 Bok Choy, raw, shredded Quantity: 1 cup 70g
 2757 Peas, frozen Quantity: 1 cup 134g
 2592 Tomato paste, Full Circle organic Quantity: 6oz can
 2500 Spinach, canned, no salt added Quantity: 1/2 cup 115g
 2224 Chili powder, ground Quantity: 1 Tbsp
 2185 Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
 2000 Tomato Juice, V8 Quantity: 1 cup 243g
 2000 Tomato Juice, V8 low sodium Quantity: 1 cup
 1663 Papaya, raw Quantity: 1 small 152g
 1627 Watermelon, raw Quantity: 1 wedge, 1/16 melon
 1584 Mango, raw Quantity: 1 fruit 207g
 1514 Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g
 1500 Orange, Cara Cara Quantity: 1 medium 154g
 1484 Leeks, raw Quantity: 1 leek 89g
 1415 Grapefruit, raw (pink or red) Quantity: 1/2 fruit 230g
 1241 Tomato cherry, raw Quantity: 5 whole 1 cup
 1109 Peas green, raw Quantity: 1 cup 145g
 1025 Tomato, raw Quantity: 1 medium 123g
 993 Cabbage, red, raw, chopped Quantity: 1 cup 89g
 781 Cabbage, red, raw, shredded Quantity: 1 cup 70g
 759 Green beans, raw Quantity: 20 beans 1 cup 110g
 756 Asparagus, spears Quantity: 6, 7"spears 100g
 740 Peas, sugar snap, raw Quantity: 20 pods 68g
 664 Brussels sprouts Quantity: 3 whole, 88g
 607 Pepper, sweet green raw Quantity: 1 large 164g
 599 Tangerines, (mandarin oranges) raw Quantity: 1 medium 88g
 567 Broccoli, raw chopped Quantity: 1 cup 91g
 562 Tomatoes, canned diced, no salt added Quantity: 14.5oz can
 504 Cauliflower, green, raw Quantity: small head 325g
 500 Almond Milk, Silk PureAlmond Unsweetened-Original Quantity: 1 cup 45g
 500 Almond Milk, Silk PureAlmond-Original Quantity: 1 cup
 500 Coconut Milk, Silk PureCoconut-Original Quantity: 1 cup
 500 Milk, 1% fat organic Quantity: 1 cup 246g
 500 Milk, fat free Quantity: 1 cup 246g
 500 Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63g
 500 Turkey Sausage, lean, sweet Quantity: 1 link 91g
 489 Peach, raw Quantity: 1 medium 150g
 480 Onion, green raw Quantity: 1 stalk 12g
 476 Ricotta Cheese, part skim milk Quantity: 1/2 cup 24g
 471 Nectarine, raw Quantity: 1 medium 142g
 426 Avocado (green), Florida raw Quantity: 1 fruit 304g
 392 Squash zucchini (summer) Quantity: 1 medium
 372 Pepper, sweet yellow or orange raw Quantity: 1 large 186g
 346 Orange, navel Quantity: 1 medium
 330 Corn, yellow frozen, microwaved Quantity: 1 cup 141g
 300 Cucumber, raw with peel Quantity: 8" whole 301g
 300 Egg, Brown cage free Eggland organic Quantity: 1 large
 271 Corn, sweet, yellow cooked Quantity: medium ear 103g
 255 Plums, dried Sun-maid Quantity: 3 pitted 28g
 250 Orange Juice, raw Quantity: 1/2 cup 4oz
 219 Prunes, raw Quantity: 3 whole 28g
 213 Avocado (green), Florida raw Quantity: 1/2 fruit 152g
 200 Avocado (black), California raw Quantity: 1 fruit 201g
 200 Cottage Cheese, low fat 2% milkfat Quantity: 1/2 cup 113g
 199 Tarragon, ground Quantity: 1 Tbsp 5g

Vitamin A (iu)

188 Basil, dried leaves Quantity: 1 Tbsp 2g
 180 Celery, organic Quantity: medium stalk 40g
 176 Dill weed, dried Quantity: 1 Tbsp
 172 Blackberries, frozen Quantity: 1 cup 151g
 170 Squash spaghetti, cooked no salt Quantity: 1 cup 155g
 162 Thyme, ground Quantity: 1 Tbsp
 156 Pistachio nuts, raw Quantity: 49 nuts 28g
 153 Parsley Quantity: 1 Tbsp 2g
 142 Peach, frozen slices organic Quantity: 3/4 cup 140g
 121 Marjoram, dried Quantity: 1 Tbsp 2g
 121 Oregano, dried Quantity: 1 tsp
 118 Sage, ground Quantity: 1 Tbsp
 113 Olives, ripe canned Quantity: 7 large 28g
 110 Olives, green canned Quantity: 14 whole 28g
 108 Bay Leaf Quantity: 1 Tbsp
 102 Cilantro Quantity: 1 Tbsp 2g
 102 Rosemary, dried Quantity: 1 Tbsp 3g
 100 Avocado (black), California raw Quantity: 1/2 fruit 100g
 100 Cumin, seed Quantity: 1 Tbsp
 100 Pumpkin seeds, dried hulled Quantity: 1/4 cup 30g
 100 Yogurt, organic plain lowfat Quantity: 1 cup 227g
 99 Cauliflower, green, raw Quantity: 1 cup 64g
 98 Apple, raw organic Quantity: 1 medium
 96 Pineapple, raw Quantity: 1 cup chunks 165g
 92 Sour Cream, light Quantity: 1oz 28g
 91 Figs, raw Quantity: 1 large 64g
 81 Apple, raw organic Quantity: 1 small 149g
 80 Blueberries, raw organic Quantity: 1 cup 148g
 77 Jicama (yambean), raw Quantity: 1 small 365g
 76 Banana, whole Quantity: 1 medium 118g
 71 Sour Cream, fat free Quantity: 1oz 28g
 71 Blueberries, unsweetened frozen Quantity: 1 cup 155g
 71 Applesauce, unsweetened Quantity: 1 cup 244g
 65 Banana, whole Quantity: 1 small 101g
 64 Buttermilk, low fat cultured Quantity: 1 cup 245g
 63 Honeydew melon, raw Quantity: 1/8 of 5"melon
 60 Cranberries, raw Quantity: 1 cup 100g
 59 Pasta, Spinach (cooked) Quantity: 2oz 56g
 58 Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113g
 57 Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz
 51 Bean Sprouts, alfalfa Quantity: 1 cup 33g
 50 Allspice Quantity: 1 Tbsp 5g
 47 Tea, Chamomile organic 0mg caffeine Quantity: 1 cup brewed
 46 Cottage Cheese, low fat 1% milkfat Quantity: 1/2 cup 113g
 46 Cherries, sweet, raw Quantity: 9 whole 70g
 43 Strawberries, raw organic Quantity: 1 pint 357g
 41 Pear, raw Quantity: 1 medium 178g
 41 Beets, canned slices Quantity: 1 cup 170g
 41 Raspberries, raw Quantity: 1 cup 123g
 35 Beets, cooked Quantity: 2 beets 100g
 35 Cauliflower, white, raw Quantity: 1 small, 265g
 34 Cloves, ground Quantity: 1 Tbsp
 34 Lime, raw Quantity: 1 small 67g
 32 Grapes, raw seedless (red or purple) Quantity: 10 whole 49g
 25 Jicama (yambean), raw Quantity: 1 cup slices 120g
 24 Caraway seed Quantity: 1 Tbsp 6g
 24 Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56g
 23 Cinnamon, ground Quantity: 1 Tbsp
 22 Bean Sprouts, mung Quantity: 1 cup 104g
 20 Tea, Green organic 30mg caffeine Quantity: 1 bag 2g
 20 Tea, Oolong (black & green) organic 30mg caffeine Quantity: 1 bag 2g
 20 Tea, White (peony) organic 20mg caffeine Quantity: 1 bag 2g
 19 Black Pepper Quantity: 1 Tbsp 6g
 18 Strawberries, raw organic Quantity: 8 medium 147g
 17 Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g
 17 Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g
 17 Tuna, canned in water, white albacore Quantity: 3oz 85g
 16 Legumes, lentils, cooked Quantity: 1 cup 198g
 16 Pecans, raw unsalted Quantity: 19 halves 28g
 14 Sunflower seeds: whole, dried Quantity: 1oz 28g
 13 Cauliflower, white, raw Quantity: 1 cup 100g

Vitamin A (iu) continued

13	Lemon, raw	Quantity: 1 small 58g
10	Legumes, black beans, cooked	Quantity: 1 cup 172g
8	Anchovies, canned in oil, drained solids	Quantity: 5 fillets 20g
8	Fennel Seed	Quantity: 1 Tbsp
8	Spelt, cooked	Quantity: 1 cup
8	Ginger, ground	Quantity: 1 Tbsp 5g
7	Nutmeg, ground	Quantity: 1 Tbsp
7	Mustard Seed, yellow	Quantity: 1 Tbsp 11g
6	Walnuts, raw unsalted	Quantity: 5 whole 28g
4	Apple Butter, no sugar added, organic	Quantity: 1 Tbsp 17g
3	Flour, rye 100% stone ground whole grain	Quantity: 1 cup, 148g
3	Dates, Deglet Noor Sun-maid	Quantity: 2 dates pitted 14g
2	Onion, yellow, raw	Quantity: 1 medium
2	Legumes, great northern beans, cooked	Quantity: 1 cup 177g
1	Onion, yellow, raw	Quantity: 1 small
1	Dates, Deglet Noor Sun-maid	Quantity: 1 date pitted 7g

Omega-3 (mg)

2542	Walnuts, raw unsalted	Quantity: 5 whole 28g
2399	Flax Oil, organic cold-pressed unrefined	Quantity: 1 tsp
2338	Flax seeds, organic (grind up to eat)	Quantity: 1 Tbsp
1117	Salmon, frozen wild keta (Pacific)	Quantity: 4oz 113g
808	Tuna, canned in water, white albacore	Quantity: 3oz 85g
707	Lettuce, romaine, raw	Quantity: 1 head, 626g
423	Anchovies, canned in oil, drained solids	Quantity: 5 fillets 20g
370	Onion, yellow, raw	Quantity: 1 medium
338	Cauliflower, green, raw	Quantity: small head 325g
322	Legumes, navy beans, cooked	Quantity: 1 cup 182g
311	Tuna Steak, frozen Ahi Yellow fin	Quantity: 4oz 113g
297	Legumes, red kidney beans, cooked	Quantity: 1 cup 177g
295	Mustard Seed, yellow	Quantity: 1 Tbsp 11g
292	Avocado (green), Florida raw	Quantity: 1 fruit 304g
280	Edamame, organic, frozen whole pods	Quantity: 1/2 cup 113g
278	Cloves, ground	Quantity: 1 Tbsp
276	Pecans, raw unsalted	Quantity: 19 halves 28g
269	Tilapia, cooked dry heat	Quantity: 4oz 100g
232	Strawberries, raw organic	Quantity: 1 pint 357g
216	Flour, rye 100% stone ground whole grain	Quantity: 1 cup, 148g
202	Wheat Germ, raw	Quantity: 2 Tbsp 16g
185	Onion, yellow, raw	Quantity: 1 small
181	Legumes, black beans, cooked	Quantity: 1 cup 172g
174	Blueberries, unsweetened frozen	Quantity: 1 cup 155g
164	Turkey, ground 93/7 lean	Quantity: 4oz
155	Raspberries, raw	Quantity: 1 cup 123g
155	Broccoli, frozen Green Giant Steamers	Quantity: 2 cups
150	Avocado (black), California raw	Quantity: 1 fruit 201g
149	Legumes, great northern beans, cooked	Quantity: 1 cup 177g
146	Avocado (green), Florida raw	Quantity: 1/2 fruit 152g
146	Turkey Sausage, lean, sweet	Quantity: 1 link 91g
143	Spinach, canned, no salt added	Quantity: 1/2 cup 115g
140	Tarragon, ground	Quantity: 1 Tbsp 5g
133	Legumes, black beans, canned	Quantity: 1/2 cup 130g
124	Blackberries, frozen	Quantity: 1 cup 151g
121	Kale greens, raw	Quantity: 1 cup chopped 67g
121	Squash spaghetti, cooked no salt	Quantity: 1 cup 155g
117	Spinach, baby raw	Quantity: 2 cups 85g
114	Flour, barley	Quantity: 1 cup 148g
110	Squash zucchini (summer)	Quantity: 1 medium
103	Olive Oil	Quantity: 1 Tbsp 14g
98	Cauliflower, white, raw	Quantity: 1 small, 265g
96	Strawberries, raw organic	Quantity: 8 medium 147g
95	Lettuce, romaine hearts organic	Quantity: 2 leaves 3oz
88	Leeks, raw	Quantity: 1 leek 89g
87	Brussels sprouts	Quantity: 3 whole, 88g
87	Ricotta Cheese, part skim milk	Quantity: 1/2 cup 24g
86	Blueberries, raw organic	Quantity: 1 cup 148g
85	Flour, buckwheat	Quantity: 1 cup 120g

Omega-3 [continued next page]**Zinc (mg)**

21	Pumpkin seeds, dried hulled	Quantity: 1/4 cup 30g
7	Flour, rye 100% stone ground whole grain	Quantity: 1 cup, 148g
6	Beef, ground round 85% lean (cooked)	Quantity: 3oz 85g
6	Beef, ground beef 95% lean (cooked)	Quantity: 3oz 85g
5	Beef, ground sirloin 90% lean (cooked)	Quantity: 3oz 85g
5	Bison Burger (cooked)	Quantity: 3oz 85g
4	Cauliflower, green, raw	Quantity: 1 cup 64g
4	Flour, quinoa	Quantity: 1 cup
4	Flour, brown rice	Quantity: 1 cup 158g
4	Flour, buckwheat	Quantity: 1 cup 120g
4	Turkey Sausage, lean, sweet	Quantity: 1 link 91g
4	Flour 100% Whole Wheat organic stone ground	Quantity: 1 cup 120g
3	Flour, barley	Quantity: 1 cup 148g
3	Legumes, lentils, cooked	Quantity: 1 cup 198g
2	Spelt, cooked	Quantity: 1 cup
2	Yogurt, organic plain lowfat	Quantity: 1 cup 227g
2	Yogurt, organic plain nonfat	Quantity: 1 cup 227g
2	Turkey, ground breast 99% lean	Quantity: 4oz
2	Turkey, ground 93/7 lean	Quantity: 4oz
2	Cauliflower, green, raw	Quantity: small head 325g
2	Oats, rolled, quick organic	Quantity: 1/2 cup 40g
2	Quinoa	Quantity: 1/4 cup 46g
2	Legumes, black beans, cooked	Quantity: 1 cup 172g
2	Legumes, navy beans, cooked	Quantity: 1 cup 182g
2	Legumes, red kidney beans, cooked	Quantity: 1 cup 177g
2	Peas green, raw	Quantity: 1 cup 145g
2	Yeast, regular	Quantity: 1oz 28g
2	Ricotta Cheese, part skim milk	Quantity: 1/2 cup 24g
2	Legumes, great northern beans, cooked	Quantity: 1 cup 177g
2	Almond Milk, Silk PureAlmond Unsweetened-Original	Quantity: 1 cup
2	Almond Milk, Silk PureAlmond-Original	Quantity: 1 cup
2	Pasta, Rotini 100% whole wheat	Quantity: 2oz 56g
2	Wheat Germ, raw	Quantity: 2 Tbsp 16g
1	Lettuce, romaine, raw	Quantity: 1 head, 626g
1	Pasta, Capellini 100% whole wheat organic	Quantity: 2oz 56g
1	Pasta, Spaghettini 100% whole wheat	Quantity: 2oz 56g
1	Sunflower seeds: whole, dried	Quantity: 1oz 28g
1	Pecans, raw unsalted	Quantity: 19 halves 28g
1	Legumes, black beans, canned	Quantity: 1/2 cup 130g
1	Almonds, raw whole	Quantity: 24 nuts 28g
1	Avocado (green), Florida raw	Quantity: 1 fruit 304g
1	Yogurt, organic Greek plain nonfat	Quantity: 5.3oz 150g
1	Brazil Nuts, raw	Quantity: 6 nuts 28g
1	Milk, 1% fat organic	Quantity: 1 cup 246g
1	Peas, canned Lesueur (baby) -50% sodium	Quantity: 1 cup 175g
1	Peas, frozen	Quantity: 1 cup 134g
1	Tomato paste, Full Circle organic	Quantity: 6oz can
1	Milk, fat free	Quantity: 1 cup 246g
1	Broccoli, Green Giant frozen Steamers	Quantity: 2 cups
1	Buttermilk, low fat cultured	Quantity: 1 cup 245g
1	Mushrooms, brown, whole	Quantity: 1 cup 87g
1	Nectarine, raw	Quantity: 1 medium 142g
1	Onion, yellow, raw	Quantity: 1 medium
1	Pumpkin: canned	Quantity: 15oz 425g
1	Turkey, sausage links 90/10 lean, Jennie-O	Quantity: 2 links 56g

Omega-3 (mg) continued

84 Turnip greens, raw Quantity: 2 cups 100g
 82 Turkey, sausage links 90/10 lean, Jennie-O Quantity: 2 links 56g
 78 Turkey, ground breast 99% lean Quantity: 4oz
 77 Mango, raw Quantity: 1 fruit 207g
 75 Avocado (black), California raw Quantity: 1/2 fruit 100g
 73 Legumes, lentils, cooked Quantity: 1 cup 198g
 73 Oregano, dried Quantity: 1 tsp
 72 Pistachio nuts, raw Quantity: 49 nuts 28g
 68 Almond Butter Quantity: 1 Tbsp
 67 Cauliflower, green, raw Quantity: 1 cup 64g
 66 Flour, brown rice Quantity: 1 cup 158g
 64 Cantaloupe, raw organic Quantity: 1/4 medium 138g
 61 Paprika Quantity: 1 Tbsp 7g
 60 Chicken, breast tenderloins boneless skinless Quantity: 112g
 58 Macadamia nuts, raw Quantity: 12 nuts 28g
 58 Bean Sprouts, alfalfa Quantity: 1 cup 33g
 55 Chili powder, ground Quantity: 1 Tbsp
 55 Vegetable Protein Powder Quantity: 2 Tbsp 20g
 54 Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g
 51 Jicama (yambean), raw Quantity: 1 small 365g
 51 Pumpkin seeds, dried hulled Quantity: 1/4 cup 30g
 51 Peas green, raw Quantity: 1 cup 145g
 49 Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g
 49 Turnip, raw Quantity: 1 medium 122g
 49 Marjoram, dried Quantity: 1 Tbsp 2g
 45 Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g
 45 Sour Cream, light Quantity: 1oz 28g
 44 Peas, frozen Quantity: 1 cup 134g
 43 Oats, rolled, quick organic Quantity: 1/2 cup 40g
 42 Milk, 1% fat organic Quantity: 1 cup 246g
 41 Spinach, frozen, organic Quantity: 1 cup
 41 Honeydew melon, raw Quantity: 1/8 of 5"melon
 41 Legumes, dark red kidney beans, canned Quantity: 1/2 cup 130g
 41 Pepper, sweet red raw Quantity: 1 large 164g
 40 Cabbage, red, raw, chopped Quantity: 1 cup 89g
 40 Green beans, raw Quantity: 20 beans 1 cup 110g
 39 Egg, Brown cage free Eggland organic Quantity: 1 large
 39 Bok Choy, raw, shredded Quantity: 1 cup 70g
 38 Beef, ground round 85% lean (cooked) Quantity: 3oz 85g
 38 Bison Burger (cooked) Quantity: 3oz 85g
 38 Papaya, raw Quantity: 1 small 152g
 37 Cauliflower, white, raw Quantity: 1 cup 100g
 35 Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz
 35 Rosemary, dried Quantity: 1 Tbsp 3g
 35 Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
 34 Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g
 34 Olive Oil, extra virgin Quantity: 1 tsp
 34 Sesame seeds, whole, dried Quantity: 1 Tbsp 9g
 33 Pumpkin: canned Quantity: 15oz 425g
 33 Turmeric, ground Quantity: 1 Tbsp
 32 Banana, whole Quantity: 1 medium 118g
 32 Buttermilk, low fat cultured Quantity: 1 cup 245g
 32 Cabbage, red, raw, shredded Quantity: 1 cup 70g
 31 Pasta, Capellini 100% whole wheat organic Quantity: 2oz 56g
 31 Pasta, Rotini 100% whole wheat Quantity: 2oz 56g
 31 Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g
 30 Basil, dried leaves Quantity: 1 Tbsp 2g
 29 Thyme, ground Quantity: 1 Tbsp
 28 Pineapple, raw Quantity: 1 cup chunks 165g
 27 Banana, whole Quantity: 1 small 101g
 27 Rice, brown long grain organic Quantity: 1/4 cup 45g
 27 Sunflower Oil high oleic 70% Quantity: 1 Tbsp 14g
 26 Olives, green canned Quantity: 14 whole 28g
 25 Peanut butter, creamy organic Quantity: 2 Tbsp
 25 Sage, ground Quantity: 1 Tbsp
 24 Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g
 22 Cranberries, raw Quantity: 1 cup 100g
 22 Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56g
 21 Sunflower seeds: whole, dried Quantity: 1oz 28g

Omega-3 (mg)

20 Corn, yellow frozen, microwaved Quantity: 1 cup 141g
 19 Broccoli, raw chopped Quantity: 1 cup 91g
 19 Corn, sweet, yellow cooked Quantity: medium ear 103g
 18 Bay Leaf Quantity: 1 Tbsp
 18 Cherries, sweet, raw Quantity: 9 whole 70g
 18 Olives, ripe canned Quantity: 7 large 28g
 17 Cashews, raw whole Quantity: 1oz 28g
 17 Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g
 17 Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g
 17 Jicama (yambean), raw Quantity: 1 cup slices 120g
 17 Bean Sprouts, mung Quantity: 1 cup 104g
 17 Pasta, Spinach (cooked) Quantity: 2oz 56g
 16 Apple, raw organic Quantity: 1 medium
 16 Tangerines, (mandarin oranges) raw Quantity: 1 medium 88g
 15 Ginger, ground Quantity: 1 Tbsp 5g
 15 Cucumber, raw with peel Quantity: 8" whole 301g
 15 Lemon, raw Quantity: 1 small 58g
 14 Orange Juice, raw Quantity: 1/2 cup 4oz
 13 Apple, raw organic Quantity: 1 small 149g
 13 Pepper, sweet green raw Quantity: 1 large 164g
 13 Lime, raw Quantity: 1 small 67g
 13 Orange, navel Quantity: 1 medium
 12 Tomato paste, Full Circle organic Quantity: 6oz can