

















## Food Sources of Carbohydrate



Food Item	Carbohydrate (grams)	% RDA
<b>RDA</b>	130	 100%
Baked potato, 1 each	51	 39%
Cola drink, 12 fluid oz	39	 30%
Plain M&M's, ½ oz	30	 23%
Banana, 1 each	28	 22%
Cooked rice, ½ cup	22	 17%
Cooked corn, ½ cup	21	 16%
Light yogurt, 1 cup	19	 15%
Kidney beans, ½ cup	19	 15%
Spaghetti noodles, ½ cup	19	 15%
Orange, 1 each	16	 12%
Seven grain bread, 1 slice	12	 9%
Fat-free milk, 1 cup	12	 9%
Pineapple chunks, ½ cup	10	 8%
Cooked carrots, ½ cup	8	 6%
Peanuts, 1 ounce	6	 5%



















### Key:

-  Grains
-  Vegetables
-  Fruits
-  Dairy
-  Protein
-  Empty calories
-  Oils


## Food Sources of Fat
































Food Item	Fat (grams)	Calories from Fat %	% AHA Recommendation
<b>AHA Recommendation</b>	70	30%	 100%
T-bone steak, 3 ounces	17	66%	 24%
Mixed nuts, 1 ounce	16	78%	 23%
Canola oil, 1 tablespoon	14	100%	 20%
Hamburger with bun, 1 each	12	39%	 17%
Stick margarine, 1 tablespoon	12	100%	 17%
Avocado, 1/2 cup	11	86%	 16%
Cheddar cheese, 1 ounce	10	74%	 14%
Whole milk, 1 cup	8	49%	 11%
Chicken breast with skin, 3 ounces	7	36%	 10%
Whole-milk yogurt, 8 ounces	7	28%	 10%
Snack crackers, 1 ounce	7	45%	 10%
Baked beans, 1/2 cup	7	31%	 10%
M&M chocolate candies, 1 ounce	6	39%	 9%
Flax seeds, 1 tablespoon	3	62%	 4%
Fig Newton cookies, 2 each	3	23%	 4%



**Key:**




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## Food Sources of Protein




Food Item and Amount	Protein (grams)	% RDA
<b>RDA</b>	56*	 100%
 Canned tuna, 3 ounces	21.6	 38.6%
 Broiled chicken, 3 ounces	21.3	 38%
 Beef chuck, 3 ounces	15.3	 27%
 Yogurt, 1 cup	10.6	 19%
 Kidney beans, 1/2 cup	8.1	 14.5%
 1% low-fat milk, 1 cup	8.0	 14%
 Peanuts, 1 ounce	7.3	 13%
 Cheddar cheese, 1 ounce	7.0	 12.5%
 Egg, 1	5.5	 10%
 Cooked corn, 1/2 cup	2.7	 5%
 Seven grain bread, 1 slice	2.6	 4.6%
 White rice, 1/2 cup	2.1	 4%
 Pasta, 1 ounce	1.2	 2%
 Banana, 1	1.2	 2%
* for 70 kg man		



### Key:

-  Grains
-  Vegetables
-  Fruits
-  Dairy
-  Protein

## Food Sources of Vitamin A

Food Item and Amount	Vitamin A (micrograms RAE*)	Daily Value = 1000 micrograms	
		Adult Male RDA = 900 micrograms %RDA	Adult Female RDA = 700 micrograms %RDA
<b>RDA</b>	700-900 micrograms	100%	100%
 Sweet potato, ½ cup	958	106%	137%
Spinach, ¾ cup	494	55%	71%
Mango, 1	402	45%	57%
 Baby carrots, 5	375	42%	54%
Acorn squash, ¾ cup	244	27%	35%
Cooked kale, ½ cup	206	23%	29%
Nonfat milk, 1 cup	150	17%	21%
Broccoli, 1 cup	138	15%	20%
Apricot, 3	137	15%	20%
 Cheddar cheese, 1 ounce	78	9%	11%
Romaine lettuce, 1 cup	72	8%	10%
Margarine, 1 pat	50	6%	7%
Scallions, 1 tablespoon	32	4%	5%
Peach, 1	26	3%	4%

















**Key:** [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

	Grains
	Vegetables
	Fruits
	Dairy
	Protein
	Oils

\* Retinol activity equivalents



## Food Sources of Vitamin D

Food Item and Amount	Vitamin D (micrograms)	Vitamin D (IU)	Adult Male and Female AI = 5 micrograms
	Daily Value = 10 micrograms		%AI
<b>AI</b>	5	200	 100%
 Baked Salmon, 3 ounces	6.0	238	 119%
Sardines, 1 ounce	3.4	136	 68%
Canned tuna, 3 ounces	3.4	136	 68%
1% milk, 1 cup	2.5	99	 50%
Nonfat milk, 1 cup	2.5	98	 49%
Soft margarine, 1 teaspoon	1.5	60	 30%
Italian pork sausage, 3 ounces	1.1	44	 22%
Soy milk, 1 cup	1.0	40	 20%
Raisin Bran cereal, ¾ cup	1.0	38	 19%
Baked bluefish, 3 ounces	0.9	34	 17%
Special K cereal, ¾ cup	0.8	30	 15%
Cooked egg yolk, 1	0.6	25	 13%






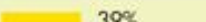






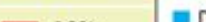





### Key:

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-  Vegetables
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-  Protein
-  Oils

## Food Sources of Vitamin E






Food Item and Amount	Vitamin E (milligrams)	Vitamin E (IU)	Adult Male and Female RDA = 15 milligrams
	Daily Value = 30 IU		%RDA
<b>RDA</b>	15	22-33	 100%
Fortified Bran cereal, ¾ cup	22.5	33.5	 150%
Sunflower oil, 2 tablespoons	16.3	24.3	 109%
Dry-roasted sunflower seeds, 1 ounce	14.3	21.2	 95%
Dry-roasted almonds, 1 ounce	7.5	11.1	 50%
Safflower oil, 1 tablespoon	5.9	8.7	 39%
Canola oil, 2 tablespoons	5.7	8.5	 38%
Wheat germ, ¼ cup	5.2	7.7	 35%
Almonds, 1 ounce	4.5	6.8	 30%
Oil-roasted sunflower seeds, 1 tablespoon	3.4	5.0	 23%
Italian dressing, 2 tablespoons	3.1	4.5	 21%
Mayonnaise, 1 tablespoon	3.0	4.5	 20%
Avocado, 1	2.7	4.0	 18%
Chunky peanut butter, 2 tablespoons	2.4	3.6	 16%
Mango, 1	2.3	3.5	 15%
Peanuts, 1 ounce	2.1	3.1	 14%



- Key:**
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  -  Fruits
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  -  Protein
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## Food Sources of Vitamin K

Food Item and Amount	Vitamin K (micrograms)	Daily Value = 80 micrograms	
		Adult Male AI = 120 micrograms %AI	Adult Female AI = 90 micrograms %AI
<b>RDA</b>	90-120	100%	100%
 Cooked kale, ½ cup	530	442%	589%
Cooked turnip greens, 1 cup	520	433%	578%
Cooked spinach, 1 cup	480	400%	533%
 Cooked brussel sprouts, ½ cup	150	125%	167%
Raw spinach, 1 cup	144	120%	160%
Cooked asparagus, 1 cup	144	120%	160%
Cooked broccoli, ½ cup	110	92%	122%
Looseleaf lettuce, 1 cup	97	81%	108%
Cooked green beans, ½ cup	49	41%	54%
Raw cabbage, 1 cup	42	35%	47%
Sauerkraut, ½ cup	30	25%	33%
Green peas, ½ cup	26	22%	29%
 Soybean oil, 1 tablespoon	25	21%	28%
Cooked cauliflower, 1 cup	20	17%	22%
Canola oil, 1 tablespoon	17	14%	19%




































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**Key:**

- Grains
- Vegetables
- Fruits
- Dairy
- Protein
- Oils

## Food Sources of Thiamin

Food Item and Amount	Thiamin (milligrams)	Daily Value = 1.5 mg	
		Adult Male RDA = 1.2 milligrams	Adult Female RDA = 1.1 milligrams
		%RDA	%RDA
<b>RDA</b>	1.1-1.2	 100%	 100%
 Canned lean ham, 3 ounces	0.9	 75%	 82%
Pork chops, 4 ounces	0.6	 50%	 55%
Wheat germ, ¼ cup	0.5	 42%	 45%
 Canadian bacon, 2 ounces	0.5	 42%	 45%
Acorn squash, 1 cup	0.4	 33%	 36%
Soy milk, 1 cup	0.4	 33%	 36%
Flour tortilla, 1	0.4	 33%	 36%
Ham lunch meat, 2 pieces	0.3	 25%	 27%
 Watermelon, 1 slice	0.2	 17%	 18%
Fresh orange juice, 1 cup	0.2	 17%	 18%
Cooked green peas, ½ cup	0.2	 17%	 18%
Baked beans, ½ cup	0.2	 17%	 18%
Navy beans, ½ cup	0.2	 17%	 18%
Corn, ½ cup	0.2	 17%	 18%



### Key:

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-  Vegetables
-  Fruits
-  Dairy
-  Protein
-  Oils



## Food Sources of Riboflavin

Food Item and Amount	Riboflavin (milligrams)	Daily Value = 1.7 milligrams	
		Adult Male RDA = 1.3 milligrams %RDA	Adult Female RDA = 1.1 milligrams %RDA
<b>RDA</b>	1.1-1.3	100%	100%
Multigrain oat cereal, ¾ cup	1.3	100%	110%
Fried beef liver, 1 ounce	1.2	92%	109%
Steamed oysters, 10	1.1	85%	100%
Plain yogurt, 1 cup	0.5	38%	45%
Raw mushrooms, 5	0.5	38%	45%
Braunschweiger sausage, 1	0.4	31%	36%
Cooked spinach, 1 cup	0.4	31%	36%
1% milk, 1 cup	0.4	31%	36%
Buttermilk, 1 cup	0.4	31%	36%
Boiled egg, 1	0.3	23%	27%
Sirloin steak, 3 ounces	0.3	23%	27%
Feta cheese, 1 ounce	0.2	15%	18%
Tortilla, 1	0.2	15%	18%
Lean ham, 3 ounces	0.2	15%	18%





**Key:**

- Grains
- Vegetables
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- Oils

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## Food Sources of Niacin

Food Item and Amount	Niacin (milligrams)	Daily Value = 20 milligrams	
		Adult Male RDA = 16 milligrams %RDA	Adult Female RDA = 14 milligrams %RDA
<b>RDA</b>	14-16	100%	100%
 Tuna, 3 ounces	11.3	71%	81%
Roasted chicken, 3 ounces	10.1	63%	72%
Peanuts, ½ cup	9.9	62%	71%
Baked salmon, 3 ounces	8.6	54%	61%
Turkey lunch meat, 3 ounces	5.4	34%	39%
 Ground beef, 3 ounces	5.0	31%	36%
Raw mushrooms, 5	4.7	29%	34%
Lean steak, 4 ounces	4.5	28%	32%
Chunky peanut butter, 2 tablespoons	4.4	28%	31%
Fried beef liver, 1 ounce	4.1	26%	29%
Raisin Nut Bran cereal, ¾ cup	3.8	24%	27%
Tortilla, 1	2.6	16%	19%
Baked cod, 3 ounces	2.1	13%	15%
Potato, 1	2.1	13%	15%
Broiled halibut, 3 ounces	1.6	10%	11%



















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**Key:**

- Grains
- Vegetables
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## Food Sources of Pantothenic Acid

Food Item and Amount	Pantothenic Acid (milligrams)	Adult Male and Female AI = 5 milligrams Daily Value = 10 milligrams %AI
<b>AI</b>	5	 100%
Fortified corn flakes cereal, 3/4 cup	11.8	 236%
Power bar, 1	10.0	 200%
Luna bar, 1	9.9	 198%
Sunflower seeds, 1/4 cup	2.3	 46%
Fried beef liver, 1 ounce	1.7	 34%
Raw mushrooms, 5	1.7	 34%
Plain yogurt, 1 cup	1.5	 30%
Acorn squash, 1 cup	1.2	 24%
Peanuts, 1/2 cup	1.0	 20%
1% milk, 1 cup	0.9	 18%
Roasted chicken breast, 3 ounces	0.8	 16%
Broccoli, 1 cup	0.8	 16%
Baked potato, 1	0.7	 14%
Legumes, 1/2 cup	0.7	 14%
Cooked egg yolk, 1	0.6	 12%



### Key:

-  Grains
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-  Dairy
-  Protein
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## Food Sources of Biotin


















Food Item and Amount	Biotin (micrograms)	Adult Male and Female AI = 30 micrograms Daily Value = 30 micrograms %AI
<b>AI</b>	30.0	100%
Smooth peanut butter, 2 tablespoons	30.1	100%
Cooked lamb liver, 1 ounce	11.6	39%
Boiled egg, 1	9.3	31%
Cooked egg yolk, 1	8.1	27%
Yogurt, 1 cup	7.4	25%
Wheat germ, ¼ cup	7.2	24%
Roasted peanuts, 5	6.5	22%
Wheat bran, ¼ cup	6.4	21%
Nonfat milk, 1 cup	4.9	16%
Salmon, 3 ounces	4.3	14%
Egg noodles, 1 cup	4.0	13%
Swiss cheese, 2 ounces	2.2	7%
Cheddar cheese, 2 ounces	1.7	6%
Raw cauliflower, 1 cup	1.5	5%
American cheese, 2 ounces	1.4	5%

**Key:**

- Grains
- Vegetables
- Fruits
- Dairy
- Protein



## Food Sources of Vitamin B-6

Food Item and Amount	Vitamin B-6 (milligrams)	Adult Male and Female RDA = 1.3 milligrams Daily Value = 2 milligrams %RDA
<b>RDA</b>	1.3	 100%
Baked salmon, 3 ounces	0.8	 62%
Baked potato, 1 medium	0.7	 54%
Banana, 1	0.7	 54%
Avocado, 1	0.6	 46%
Roasted chicken breast, 3 ounces	0.5	 38%
Acorn squash, 1 cup	0.5	 38%
Special K cereal, ¾ cup	0.5	 38%
Fried beef liver, 1 ounce	0.4	 31%
Roasted turkey lunch meat, 3 ounces	0.4	 31%
Sirloin steak, 3 ounces	0.4	 31%
Lean ham, 3 ounces	0.4	 31%
Watermelon, 1 slice	0.3	 23%
Sunflower seeds, ¼ cup	0.3	 23%
Cooked spinach, ½ cup	0.2	 15%

















### Key:

-  Grains
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-  Protein
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## Food Sources of Folate



Food Item and Amount	Folate (micrograms)	Adult Male and Female RDA = 400 micrograms Daily Value = 400 micrograms %RDA
<b>RDA</b>	400	 100%
Asparagus, 1 cup	263	 66%
Cooked spinach, 1 cup	262	 66%
Cooked lentils, ½ cup	179	 45%
Black-eyed peas, ½ cup	179	 45%
Romaine lettuce, 1½ cups	114	 29%
Great Grains cereal, ¾ cup	114	 29%
Tortilla, 1	89	 22%
Cooked turnips, ½ cup	85	 21%
Cooked broccoli, 1 cup	78	 20%
Sunflower seeds, ¼ cup	76	 19%
Fresh orange juice, 1 cup	75	 19%
Cooked beets, ½ cup	68	 17%
Kidney beans, ½ cup	65	 16%



### Key:

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-  Vegetables
-  Fruits
-  Dairy
-  Protein
-  Oils

## Food Sources of Vitamin B-12

Food Item and Amount	Vitamin B-12 (micrograms)	Adult Male and Female RDA = 2.4 micrograms Daily Value = 6 micrograms %RDA
<b>RDA</b>	2.4	100%
Baked clams, 1 ounce	15.7	654%
Boiled oysters, 2	14.4	600%
Lobster, 3 ounces	2.7	113%
Pot roast, 3 ounces	2.5	104%
Plain yogurt, 1 cup	1.4	58%
Corn Flakes cereal, ¾ cup	1.1	46%
Shrimp, 3 ounces	1.0	42%
1% milk, 1 cup	0.9	38%
Soy milk, 1 cup	0.8	33%
Boiled egg, 1	0.6	25%
Lean ham, 3 ounces	0.6	25%
Beef hot dog, 1	0.5	21%
Ham lunch meat, 2 ounces	0.4	17%






### Key:

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## Food Sources of Vitamin C

Food Item and Amount	Vitamin C (milligrams)	Adult Male	Adult Female
		RDA = 90 milligrams	RDA = 75 milligrams
		Daily Value = 60 milligrams	
		%RDA	%RDA
<b>RDA</b>	75-90	100%	100%
 Orange, 1	98	109%	131%
Cooked brussels sprouts, 1 cup	97	108%	129%
Strawberries, 1 cup	94	104%	125%
 Grapefruit juice, 1 cup	80	89%	107%
Red peppers, ¼ cup	71	79%	95%
Kiwi fruit, 1	57	63%	76%
Green pepper rings, 5	45	50%	60%
Tomato juice, 1 cup	45	50%	60%
 Cooked broccoli, ½ cup	33	37%	44%
Kale, ½ cup	27	30%	36%
Raw cauliflower, ½ cup	23	26%	31%
Sweet potato, 1	17	19%	23%
Baked potato, 1 medium	16	18%	21%
Pineapple chunks, ½ cup	12	13%	16%
Cooked spinach, ½ cup	9	10%	12%























- Key:**
-  Grains
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  -  Oils



### Food Sources of Choline



Food Item and Amount	Choline (milligrams)	Adult Male AI=550 milligrams %AI	Adult Female AI=425 milligrams %AI
<b>AI</b>	425-550	 100%	 100%
Egg, 1 each	126	 23%	 30%
Cod, 3 ounces	70	 13%	 16%
Chicken, 3 ounces	56	 10%	 13%
Fat-free milk, 1 cup	37	 7%	 9%
Beef, 3 ounces	36	 7%	 8%
Yogurt, 1 cup	31	 6%	 7%
Wheat germ, 2 tablespoons	21	 4%	 5%
Peanut butter, 2 tablespoons	20	 4%	 5%
Cottage cheese, ½ cup	20	 4%	 5%



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**Key:**

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## Food Sources of Sodium



Food Item and Amount	Sodium Content (milligrams)	Daily Value = 2400 milligrams	
		Bar	%AI
<b>AI*</b>	1500		100%
Pepperoni pizza, 2 slices	2045		136%
Ham, sliced, 1 ounce	1215		81%
Chicken noodle soup, canned, 1 cup	1106		74%
V8 vegetable juice, 8 ounces	620		41%
Macaroni salad, 1/2 cup	561		37%
Hard pretzels, 1 ounce	486		32%
Hamburger with bun, 1 each	474		32%
Green beans, canned, 1/2 cup	390		26%
Saltine crackers, 6 each	234		16%
Cheddar cheese, 1 ounce	176		12%
Peanut butter, 2 tablespoons	156		10%
Nonfat milk, 1 cup	127		8%
Seven grain bread, 1 slice	126		8%
Animal crackers, 1 ounce	112		7%
Grape juice, 1 cup	10		1%



















### Key:

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- Vegetables
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\* For adults; see the DRI table in the back of this book for age-specific recommendations.







## Food Sources of Potassium



Food Item and Amount	Potassium (milligrams)	Daily Value = 3500 milligrams %AI
<b>AI*</b>	4700	 100%
Kidney beans, 1 cup	715	 15%
Winter squash, ¾ cup	670	 14%
Plain yogurt, 1 cup	570	 12%
Orange juice, 1 cup	495	 11%
Cantaloupe, 1 cup	495	 11%
Lima beans, ½ cup	480	 10%
Banana, 1 medium	470	 10%
Zucchini, 1 cup	450	 10%
Soybeans, ½ cup	440	 9%
Artichoke, 1 medium	425	 9%
Tomato juice, ¾ cup	400	 9%
Pinto beans, ½ cup	400	 9%
Baked potato, 1 small	385	 8%
Buttermilk, 1 cup	370	 8%
Sirloin steak, 3 ounces	345	 7%



**Key:**

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\* For adults; see the DRI table in the back of this book for age-specific recommendations.



## Food Sources of Calcium



Food Item and Amount	Calcium (milligrams)	Daily Value = 1000 milligrams %AI
<b>AI*</b>	1000	100%
Plain yogurt, 1 cup	450	45%
Parmesan cheese, 1 ounce	390	39%
Fortified orange juice, 1 cup	350	35%
Romano cheese, 1 ounce	300	30%
1% milk, 1 cup	300	30%
Buttermilk, 1 cup	285	29%
Swiss cheese, 1 ounce	275	28%
Spinach, 1 cup	250	25%
Salmon (with bones), 3 ounces	210	21%
Cheddar cheese, 1 ounce	200	20%
Total Raisin Bran cereal, ¾ cup	180	18%
Sardines (with bones), 2 ounces	170	17%
Chocolate pudding, ½ cup	160	16%
Tofu, ½ cup	140	14%



### Key:

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\*For adults; see the DRI table in the back of this book for age-specific recommendations.



## Food Sources of Phosphorus

Food Item and Amount	Phosphorus (milligrams)	Daily Value = 1000 milligrams %RDA
<b>RDA*</b>	700	100%
Plain yogurt, 1 cup	350	50%
Swiss cheese, 2 ounces	345	49%
Almonds, ½ cup	340	49%
Sunflower seeds, 1 ounce	330	47%
1% milk, 1 cup	235	34%
Cheddar cheese, 1.5 ounces	220	31%
Salmon, 3 ounces	220	31%
Raisin Bran cereal, 1 cup	215	31%
Sirloin steak, 3 ounces	210	30%
Egg, 2 hard boiled	200	29%
Chicken breast, 3 ounces	180	26%
Roasted turkey, 3 ounces	180	26%
Pot roast, 3 ounces	170	24%
Lean ham, 3 ounces	165	24%
American cheese, 1 slice	155	22%








































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\*For adults; see the DRI table in the back of this book for age-specific recommendations.

## Food Sources of Magnesium

Food Item and Amount	Magnesium (milligrams)	Daily Value = 400 milligrams	
		Adult Male RDA = 400 milligrams %RDA	Adult Female RDA = 310 milligrams %RDA
<b>RDA</b>	310-400	 100%	 100%
 Spinach, 1 cup	157	 39%	 51%
Squash, 1 cup	105	 26%	 34%
Wheat germ, ¼ cup	90	 23%	 29%
 Raisin Bran cereal, 1 cup	90	 23%	 29%
Navy beans, ½ cup	54	 14%	 17%
Peanut butter, 2 tablespoons	51	 13%	 16%
Black-eyed peas, ½ cup	46	 12%	 15%
Plain yogurt, 1 cup	43	 11%	 14%
Kidney beans, ½ cup	43	 11%	 14%
Sunflower seeds, ¼ cup	41	 10%	 13%
Broccoli, 1 cup	37	 9%	 12%
Banana, 1 medium	34	 9%	 11%
1% milk, 1 cup	34	 9%	 11%
 Watermelon, 1 slice	32	 8%	 10%
Oatmeal, ½ cup	28	 7%	 9%
Whole-wheat bread, 1 slice	25	 6%	 8%



Choose [MyPlate.gov](http://MyPlate.gov)

**Key:**

-  Grains
-  Vegetables
-  Fruits
-  Dairy
-  Protein
-  Oils

## Food Sources of Iron

Food Item and Amount	Iron (milligrams)	Adult Male	Adult Female
		RDA = 8 milligrams	RDA = 18 milligrams
		Daily Value = 18 milligrams	
		%RDA	%RDA
<b>RDA</b>		100%	100%
Oat bran cereal, 1 cup	15	188%	83%
Baked clams, 3 ounces	14	175%	78%
Spinach, 1 cup	6.4	80%	36%
Kidney beans, 1 cup	5.3	66%	29%
Pot roast, 4 ounces	3.9	49%	22%
Sirloin steak, 4 ounces	3.8	48%	21%
Parsley, 1 cup	3.7	46%	21%
Fried beef liver, 2 ounces	3.6	45%	20%
Shrimp, 3 ounces	2.7	34%	15%
Braunschweiger sausage, 1 piece	2.7	34%	15%
Flour tortilla, 1	2.4	30%	13%
Garbanzo beans, ½ cup	2.4	30%	13%
Navy beans, ½ cup	2.3	29%	13%
Baked potato, 1	1.7	21%	9%
Artichoke, 1	1.6	20%	9%



Choose [MyPlate.gov](http://MyPlate.gov)

**Key:**

- Grains
- Vegetables
- Fruits
- Dairy
- Protein
- Oils

## Food Sources of Zinc

Food Item and Amount	Zinc (milligrams)	Adult Male	Adult Female
		RDA = 11 milligrams	RDA = 8 milligrams
Daily Value = 15 milligrams			
		%RDA	%RDA
<b>RDA</b>		100%	100%
Steamed oysters, 3	24.9	226%	311%
Sirloin steak, 4 ounces	7.4	67%	93%
Pot roast, 3 ounces	4.6	42%	58%
Special K cereal, 1 cup	3.8	35%	48%
Wheat germ, ¼ cup	3.5	32%	44%
Lamb chops, 3 ounces	2.7	25%	34%
Peanuts, ½ cup	2.4	22%	30%
Black-eyed peas, 1 cup	2.2	20%	28%
Plain yogurt, 1 cup	2.2	20%	28%
Lean ham, 3 ounces	1.9	17%	24%
Swiss cheese, 1.5 ounces	1.7	15%	21%
Ricotta cheese, ½ cup	1.7	15%	21%
Sunflower seeds, 1 ounces	1.5	14%	19%
Cheddar cheese, 1.5 ounces	1.3	12%	16%
Enriched white rice, ½ cup	1.1	10%	14%

















**Key:**  
 Grains  
 Vegetables  
 Fruits  
 Dairy  
 Protein  
 Oils

Choose MyPlate.gov









## Food Sources of Selenium



Food Item and Amount	Selenium (micrograms)	Daily Value = 70 micrograms %RDA
<b>RDA*</b>	55	 100%
Tuna, 3 ounces	68	 124%
Sirloin steak, 5 ounces	47	 85%
Lean ham, 3 ounces	42	 76%
Clams, 3 ounces	41	 75%
Salmon, 3 ounces	40	 73%
Egg noodles, 1 cup	35	 64%
Chicken breast, 3 ounces	20	 36%
Special K cereal, 1 cup	17	 31%
Oat bran cereal, 1 cup	14	 25%
Whole-wheat bread, 1 slice	10	 18%
Cooked oatmeal, 1 cup	10	 18%
White bread, 1 slice	9	 16%
Raisin bran cereal, 1 cup	4	 7%







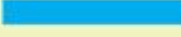





**Key:**

-  Grains
-  Vegetables
-  Fruits
-  Dairy
-  Protein
-  Oils

\*For adults; see DRI table in the back of this book for gender- and age-specific recommendations.







## Food Sources of Iodide



Food Item and Amount	Iodide (micrograms)	Daily Value = 150 micrograms %RDA
<b>RDA*</b>	150	 100%
Iodized table salt, 1/2 cup	195	 130%
Plain yogurt, 1/2 cup	87	 56%
Buttermilk, 1 cup	60	 40%
1% milk, 1 cup	59	 39%
Luna bar, 1	38	 25%
Soy protein bar, 1	38	 25%
Egg, 1 large	35	 23%
1% cottage cheese, 1/2 cup	28	 19%
Mozzarella cheese, 1 ounce	10	 7%



**Key:**

-  Grains
-  Vegetables
-  Fruits
-  Dairy
-  Protein
-  Oils

\*For adults; see the DRI table in the back of this book for gender- and age-specific recommendations.

## Food Sources of Copper

Food Item and Amount	Copper (micrograms)	Daily Value = 2 milligrams %RDA
<b>RDA*</b>	900	100%
Fried beef liver, 3 ounces	3800	422%
Power bar, 1	700	78%
Walnuts, 1/2 cup	600	67%
Kidney beans, 1/2 cup	500	56%
Lobster, 3 ounces	400	44%
Molasses, 3 tablespoons	300	33%
Sunflower seeds, 2 tablespoons	300	33%
Shrimp, 3 ounces	300	33%
Raisin Bran cereal, 1 cup	300	33%
Great Grains cereal, 1 cup	300	33%
Black-eyed peas, 1/2 cup cooked	200	22%
Wheat germ, 1/4 cup	200	22%
Milk chocolate, 1 ounce	110	12%
Whole-wheat bread, 1 slice	80	9%



### Key:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein
- Oils

\*For adults; see the DRI table in the back of this book for gender- and age-specific recommendations.