



Fruits & Vegetables



Introduction

FRUIT AND VEGETABLE CONSUMPTION

While fruit and vegetable consumption in the United States has increased, the quality of produce varies. This booklet presents the top 20 fruits and top 20 vegetables in order of purchase popularity in the United States.¹ Alongside the nation's most popular produce is a separate list of “powerhouse” fruits and vegetables. There are 17 nutrients included in calculating the powerhouse ranking: potassium, fiber, protein, calcium, iron, thiamin, riboflavin, niacin, folate, zinc, and vitamins A, B₆, B₁₂, C, D, E, and K.²

WHY DOES THIS COMPARISON MATTER?

We know that increased consumption of fruits and vegetables that are vibrant in color is directly associated with reduced risk of chronic disease. The data in this booklet is meant to help consumers understand how the most commonly purchased produce holds up against the 41 foods dubbed “powerhouse” fruits and vegetables by the Centers for Disease Control and Prevention (CDC).



Benefits Via Color

The colors of food have long been associated with improving health conditions. Green foods help improve diabetes and immunity, protect against cancer, and enhance gene expression. Red foods align with the cardiovascular system, provide a tremendous amount of immune system support, decrease allergies, reduce inflammation, help maintain weight, and reduce cholesterol. Purple improves memory, protects against cancer, improves the gut, and keeps a healthy heart. Yellow and orange foods additionally protect the gut, protect our eyes and skin, fight cancer, and improve immunity.³

Many phytonutrients are colored pigments, such as:

ORANGE-COLORED BETA-CAROTENE

RED-COLORED LYCOPENE

BLUE/PURPLE-COLORED ANTHOCYANIDINS

These phytonutrients are not “essential” for life, but they may contribute to optimal health. Increased intakes have been associated with protection against various chronic health conditions.⁴ Because different plant colors are associated with the beneficial protection of phytonutrients, encouraging diversity of plant-based colors in a given meal can be a great method for improving diet choices.

GREEN

Contains lutein, an antioxidant that reinforces improved vision. Also includes potassium, vitamin C, vitamin K, and folic acid.

RED

Rich in phytochemicals, like lycopene and anthocyanins, that improve heart health and diminish risk of cancer.

YELLOW

Dense with beta-carotene and vitamin C. They promote excellent vision, healthy skin, and support a strong immune system.

PURPLE

Rich in antioxidants and phytochemicals that are anti-aging, reduce the risk of cancer, and support mental clarity.

BROWN

Fiber-rich energy sources that support the growth of beneficial bacteria and overall gastrointestinal health.

BLACK

Source of diverse phytoactive compounds with a host of bioactive properties and essential nutrients.

WHITE

Rich in phytochemicals and potassium to help reduce cholesterol levels, lower blood pressure, and prevent diabetes.

WHAT ARE PHYTONUTRIENTS?

Phytonutrients are natural, plant-derived compounds that support life and offer protection – innately in plants, but for plant-eating humans as well.

FOR PLANTS, PHYTONUTRIENTS ARE IMPORTANT FOR HEALTHY GROWTH:

- Protection from UV radiation
- Deterring pests
- Providing vibrant colors to attract pollinators
- Playing roles in tissue healing following injury

IN THE HUMAN BODY, PHYTONUTRIENTS CAN ALSO INFLUENCE HEALTH PROFILES AND HAVE BEEN SHOWN TO:

- Act as direct antioxidants to reduce oxidative stress
- Stimulate production of internal antioxidant systems
- Support metabolic systems and regulate inflammatory responses
- Regulate cell proliferation and processes
- Regulate specific gene transcription and influence expression of genetic potential (epigenetics)

“PHYTE” FOR HEALTH

Why care about phytonutrients? The human body needs phytonutrients in a different way than it needs nutrients like protein, vitamins, and minerals. Phytonutrients are uniquely able to satisfy free radicals circulating in the body looking for electrons. By providing electrons, phytonutrients prevent free radicals from taking electrons from proteins or other nutrients — a “theft” that leads to oxidative stress.

Free radicals are unstable molecules formed during both natural body processes and from exposure to toxins. Some studies have found that many phytonutrients increase activity of Nrf2 (nuclear factor-erythroid factor 2-related factor 2), ultimately increasing antioxidant and detoxification activity.⁵

GALLIC ACID EQUIVALENCE

Scientists can quantify “total phenolics” between different plants by measuring Gallic Acid Equivalence (GAE), which can be used to compare the amounts of phytonutrients and the total phenolic compound content of different foods. Phenolics are a group of phytonutrients that include phenolic acids, stilbenes, flavonoids, and condensed tannins. Phenolics are universally present in plant-derived foods and have been long-linked to the health properties of a plant-based diet. One grouping of phenolics, called polyphenols, include non-energy, non-nutritive, secondary metabolites found in plants.^{6,7}

POLYPHENOLS ARE ASSOCIATED WITH SEVERAL BENEFICIAL PROPERTIES:

- Antioxidant activity
- Anti-inflammatory activity
- Vaso-dilation
- Platelet aggregation reduction

POLYPHENOLS HAVE ALSO BEEN LINKED TO LOWER RISK OF MAJOR CHRONIC CONDITIONS BY IMPROVING:⁶

- Lipid profiles
- Endothelial function
- Glucose metabolism
- Beta-cell function

POLYPHENOLS MAY HELP SUPPORT HEALTHY:

- Blood pressure
- Levels of oxidation markers
- Resolution of the inflammatory response
- Blood vessel function



TOP CONSUMED
Fruits

The fruits listed are presented in order of popularity based on total consumption in 2018.¹

IMPORTANT INDICATORS FOR FRUITS

The **GREEN BOX** features the amount of fruit (in grams) per 1 cup raw serving.

The **YELLOW BOX** features the Gallic Acid Equivalence (GAE), measured in milligrams, which indicates the total amount of polyphenols found in that food.⁸

The **KEY NUTRIENTS CHART** highlights the Daily Value percentages of top key nutrients per 1 cup raw serving.⁹

The **PHYTONUTRIENTS** list showcases the highest amounts of phytonutrients (in milligrams) per 1 cup raw serving.¹⁰

1. BANANA

101g

25.9 mg GAE

KEY NUTRIENTS

Vitamin B ₆	21.8%
Manganese	11.9%
Vitamin C	9.8%
Copper	9.4%
Potassium	8.8%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	(+) Catechin	1.353
	(-) Epicatechin	0.111
	Prodelphinidin dimer	0.101
PHENOLIC ACIDS:	Gallic Acid	1.010
CAROTENOIDS:	Beta-carotene	0.026
	Alpha-carotene	0.025
	Lutein + Zeaxanthin	0.022

2. APPLE

125g

122.3 mg GAE

KEY NUTRIENTS

Fiber	10.3%
Copper	3.8%
Potassium	2.8%
Vitamin K	2.7%
Vitamin B ₆	2.5%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Procyanidin dimer B2	18.200
	(-) Epicatechin	10.463
	Phloridzin	3.363
	Phloretin	3.225
	2'-O-exlosylglucoside	3.088
PHENOLIC ACIDS:	Quercetin 3-O-galactoside	2.950
	5-Caffeoylquinic Acid	16.713
	4-p-Coumaroylquinic Acid	2.813

3. GRAPE

92g

33.6 mg GAE

KEY NUTRIENTS

Copper	13.0%
Vitamin K	11.2%
Thiamin	5.3%
Riboflavin	5.0%
Vitamin B ₆	4.7%



PHYTONUTRIENTS

mg/1 cup raw

PHENOLIC ACIDS:	Trans-caffeoyl tartaric Acid	4.812
	Caffeoyl tartaric Acid	2.521
	Trans-p-Coumaroyl tartaric Acid	1.334
	p-Coumaroyl tartaric Acid	0.920
LIGNANS:	Lariciresinol	1.730
FLAVONOIDS:	Quercetin	1.490
	(+) Catechin	1.297
	Procyanidin dimer B1	0.589

4. STRAWBERRY

152g

276.8 mg GAE

KEY NUTRIENTS

Vitamin C	99.3%
Manganese	18.3%
Fiber	10.9%
Folate	9.1%
Copper	8.1%



PHYTONUTRIENTS

mg/1 cup raw

ANTHOCYANINS:	Pelargonidin 3-O-glucoside	71.653
	Pelargonidin 3-O-(6"-succinyl-glucoside)	15.869
	Pelargonidin 3-O-(6"-malonyl-glucoside)	7.266
	PHENOLIC ACIDS: Ellagic Acid	56.164
	4-Hydroxybenzoic Acid	11.400
	p-Coumaroyl glucose	6.627
LIGNANS:	Pinoresinol	16.158

5. ORANGE

180g

92.4 mg GAE

KEY NUTRIENTS

Vitamin C	90.0%
Fiber	15.4%
Thiamin	15.0%
Pantothenic Acid	9.0%
Copper	7.8%



PHYTONUTRIENTS

		mg/1 cup raw
FLAVONOIDS:	Hesperetin	60.480
	Naringenin	20.196
	Kaempferol	0.180
LIGNANS:	Lariciresinol	4.320
	Pinoresinol	2.178
	Secoisolariciresinol	0.252
	Syringaresinol	0.216
CAROTENOIDS:	Lutein + Zeaxanthin	0.232

6. WATERMELON

152g

20.9 mg GAE

KEY NUTRIENTS

Vitamin C	13.7%
Copper	7.1%
Pantothenic Acid	6.7%
Vitamin A	4.7%
Thiamin	4.2%



PHYTONUTRIENTS

		mg/1 cup raw
CAROTENOIDS:	Beta-cryptoxanthin	118.560
	Lycopene	6.889
	Beta-carotene	0.461
	Lutein + Zeaxanthin	0.012
	FLAVONOIDS:	Luteolin
LIGNANS:	Lariciresinol	0.061
	Secoisolariciresinol	0.030
	Syringaresinol	0.030
	Pinoresinol	0.008

7. LEMON

212g

190.6 mg GAE

KEY NUTRIENTS

Vitamin C	91.2%
Folate	10.6%
Vitamin B ₆	5.7%
Pantothenic Acid	5.6%
Potassium	4.6%



PHYTONUTRIENTS

		mg/1 cup raw
FLAVONOIDS:	Eriodictyol	37.312
	Hesperetin	36.252
	Luteolin	2.692
	Naringenin	1.166
	Quercetin	0.784
LIGNANS:	Secoisolariciresinol	0.042
CAROTENOIDS:	Lutein + Zeaxanthin	0.32
	Beta-cryptoxanthin	0.008
	Beta-carotene	0.002

8. BLUEBERRY

148g

248.5 mg GAE

KEY NUTRIENTS

Vitamin K	23.8%
Manganese	21.6%
Vitamin C	16.0%
Fiber	12.7%
Copper	9.4%



PHYTONUTRIENTS

		mg/1 cup raw
ANTHOCYANINS:	5-Caffeoylquinic Acid	128.745
	Malvidin 3-O-glucoside	38.569
	Malvidin 3-O-galactoside	31.716
	Delphinidin 3-O-galactoside	23.887
	Delphinidin 3-O-glucoside	22.452
	Malvidin 3-O-(6"-acetyl-glucoside)	21.815
	Petunidin 3-O-glucoside	16.576
	Petunidin 3-O-galactoside	13.394
	Cyanidin e-O-galactoside	11.825
	Malvidin 3-O-arabinoside	11.677

9. PEACH

154g

65.8mg GAE

KEY NUTRIENTS

Copper	11.6%
Vitamin C	11.3%
Fiber	8.3%
Niacin	7.8%
Vitamin E	7.5%



PHYTONUTRIENTS

mg/1 cup raw

PHENOLIC ACIDS:	5-Caffeoylquinic Acid	23.947
	3-Caffeoylquinic Acid	13.475
	3-p-Coumaroylquinic Acid	0.539
	3-Feruloylquinic Acid	0.308
LIGNANS:	Pinoresinol	21.498
	Lariciresinol	9.240
	Secoisolariciresinol	1.278
FLAVONOIDS:	(+) Catechin	3.588

10. PINEAPPLE

165g

88.1 mg GAE

KEY NUTRIENTS

Vitamin C	87.6%
Manganese	66.5%
Copper	20.2%
Vitamin B ₆	10.9%
Thiamin	10.9%



PHYTONUTRIENTS

mg/1 cup raw

LIGNANS:	Pinoresinol	0.495
	Secoisolariciresinol	0.347
	Lariciresinol	0.330
	Matairesinol	0.264
	Syringaresinol	0.149
	Medioresinol	0.003
CAROTENOIDS:	Beta-carotene	0.058

11. AVOCADO

150g

56.3 mg GAE

KEY NUTRIENTS

Pantothenic Acid	43.9%
Fiber	36.4%
Folate	33.4%
Copper	28.3%
Vitamin K	26.3%



PHYTONUTRIENTS

LIGNANS:		mg/1 cup raw
	Syringaresinol	0.660
	Pinoresinol	0.405
	Lariciresinol	0.045
FLAVANOLS:	(-) Epicatechin	0.570
CAROTENOIDS:	Lutein + Zeaxanthin	0.407
	Beta-carotene	0.095
	Beta-cryptoxanthin	0.041
	Alpha-carotene	0.036

12. CANTALOUPE

156g

22.3 mg GAE

KEY NUTRIENTS

Vitamin C	63.6%
Vitamin A	29.3%
Potassium	8.9%
Folate	8.2%
Niacin	7.2%



PHYTONUTRIENTS

CAROTENOIDS:		mg/1 cup raw
	Beta-carotene	3.151
	Lutein + Zeaxanthin	0.041
	Alpha-carotene	0.025
	Beta-cryptoxanthin	0.002
LIGNANS:	Secoisolariciresinol	0.007
	Lariciresinol	0.003

13. CHERRY

14. LIME

154g

95.4 mg GAE

KEY NUTRIENTS

Vitamin C	12.0%
Fiber	11.6%
Copper	10.3%
Potassium	7.3%
Pantothenic Acid	6.1%



PHYTONUTRIENTS

mg/1 cup raw

ANTHOCYANINS:	Cyanidin 3-O-rutinoside	220.636
	Cyanidin 3-O-glucoside	28.844
	Peonidin 3-O-rutinoside	11.427
PHENOLIC ACIDS:	3-Caffeoylquinic Acid	68.853
	3-p-Coumaroylquinic Acid	59.182
	5-Caffeoylquinic Acid	3.388
FLAVONOIDS:	Anthocyanins	50.358
	(-) Epicatechin	11.981
	Procyanidin dimer B2	3.234

67g

39.5 mg GAE

KEY NUTRIENTS

Vitamin C	21.7%
Fiber	6.7%
Copper	4.8%
Pantothenic Acid	2.9%
Iron	2.2%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Hesperetin	28.810
	Naringenin	2.278
	Quercetin	0.268

15. PEAR

140g

37.1 mg GAE

KEY NUTRIENTS

Fiber	15.5%
Copper	12.8%
Vitamin C	6.7%
Vitamin K	5.1%
Potassium	3.5%



PHYTONUTRIENTS

mg/1 cup raw

LIGNANS:	Lariciresinol	22.475
	Pinoresinol	4.930
PHENOLIC ACIDS:	5-Caffeoylquinic Acid	15.778
	Gentisic Acid	0.756
FLAVONOIDS:	(-) Epicatechin	5.278
	Quercetin	0.653
	Isorhamnetin 3-O-glucoside	0.630
	(+) Catechin	0.392
	Quercetin 3-O-glucoside	0.294
	Quercetin 3-O-galactoside	0.098

16. RASPBERRY

123g

126.8 mg GAE

KEY NUTRIENTS

Manganese	35.8%
Vitamin C	35.8%
Fiber	28.6%
Copper	12.3%
Pantothenic Acid	8.1%



PHYTONUTRIENTS

mg/1 cup raw

PHENOLIC ACIDS:	Sanguin H-6	93.603
	Ellagic Acid	40.688
	Lambertianin C	37.933
FLAVONOIDS:	Anthocyanins	53.591
	Quercetin 3-O-rutinoside	13.530
	(-) Epicatechin	6.212
ANTHOCYANINS:	Cyanidin 3-O-sophoroside	46.260
	Cyanidin 3-O-glucoside	18.315
	Cyanidin 3-O-glucosyl-rutinoside	8.684

17. BLACKBERRY

144g 318.2 mg GAE

KEY NUTRIENTS

Manganese	40.4%
Vitamin C	33.6%
Fiber	27.3%
Copper	26.4%
Vitamin K	23.8%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Anthocyanins	211.392
	(-) Epicatechin	16.531
	Myricetin	8.424
ANTHOCYANINS:	Cyanidin 3-O-glucoside	199.757
	Cyanidin	15.797
	3-O-(6"-dioxalyl-glucoside)	
	Cyanidin 3-O-xyloside	14.026
	Cyanidin 3-O-rutinoside	12.758
PHENOLIC ACIDS:	Ellagic Acid	45.950

18. PLUM

165g 196.0 mg GAE

KEY NUTRIENTS

Vitamin C	17.4%
Copper	10.5%
Vitamin K	8.8%
Fiber	8.3%
Potassium	5.5%



PHYTONUTRIENTS

mg/1 cup raw

PHENOLIC ACIDS:	3-Caffeoylquinic Acid	125.202
	5-Caffeoylquinic Acid	13.860
	Caffeic Acid	10.755
FLAVONOIDS:	Anthocyanins	64.020
	Procyanidin trimer C1	16.517
	Procyanidin dimer B1	14.586
	Procyanidin trimer EEC	13.860
	Quercetin 3-O-rutinoside	9.735
ANTHOCYANINS:	Cyanidin 3-O-rutinoside	55.853
	Cyanidin 3-O-glucoside	14.240

19. MANGO

165g

57.5 mg GAE

KEY NUTRIENTS

Vitamin C	66.7%
Copper	20.4%
Folate	17.7%
Vitamin B ₆	11.6%
Vitamin E	9.9%



PHYTONUTRIENTS

mg/1 cup raw

PROANTHOCYANIDINS:	Proanthocyanidin 4-6mers	11.880
	Proanthocyanidin dimers	2.970
	Proanthocyanidin trimers	2.310
FLAVONOIDS:	(+) Catechin	2.838
	Kaempferol	0.165
	Myricetin	0.165
CAROTENOIDS:	Beta-carotene	1.056
	Lutein + Zeaxanthin	0.038
	Beta-cryptoxanthin	0.017

20. HONEYDEW

170g

25.4 mg GAE

KEY NUTRIENTS

Vitamin C	34.0%
Vitamin B ₆	8.8%
Potassium	8.2%
Folate	8.1%
Thiamin	5.4%



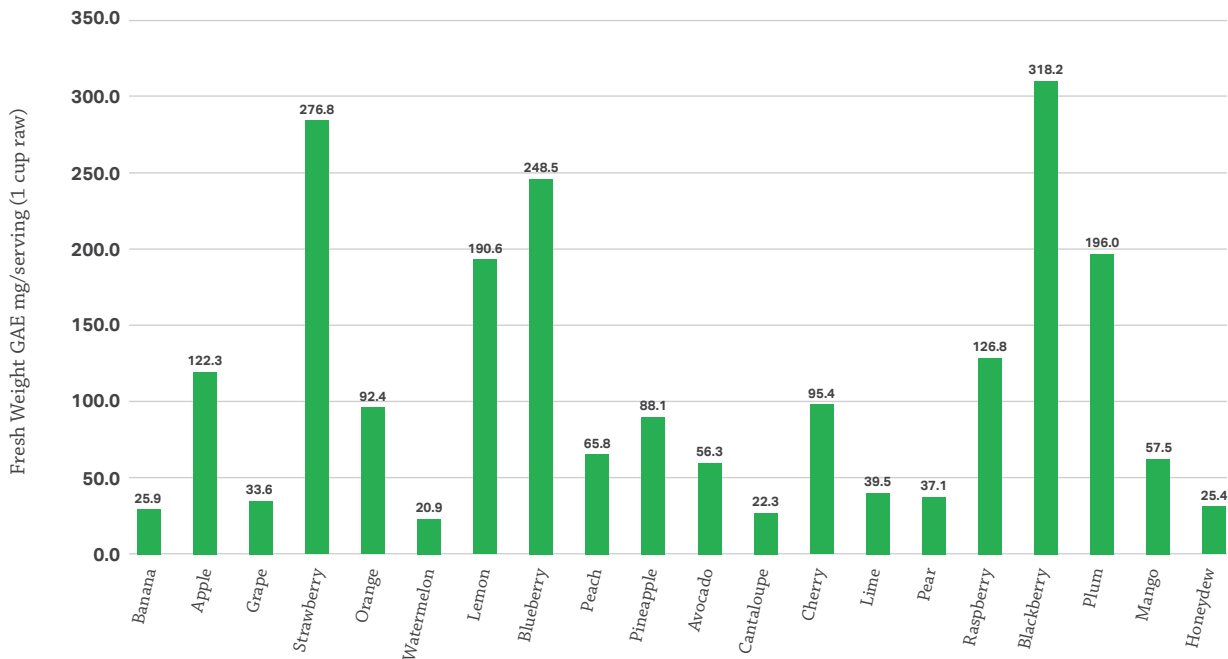
PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Beta-carotene	0.051
	Lutein + Zeaxanthin	0.046

GAEs of Top 20 Consumed Fruits

PRESENTED IN ORDER OF HIGHEST CONSUMPTION





TOP CONSUMED

Vegetables

The vegetables listed are presented in order of popularity based on total consumption in 2018.¹

IMPORTANT INDICATORS FOR VEGETABLES

The **GREEN BOX** features the amount of vegetables (in grams) per 1 cup raw serving.

The **YELLOW BOX** features the Gallic Acid Equivalence (GAE), measured in milligrams, which indicates the total amount of polyphenols found in that food.⁸

The **KEY NUTRIENTS CHART** highlights the Daily Value percentages of top key nutrients per 1 cup raw serving.⁹

The **PHYTONUTRIENTS** list showcases the highest amounts of phytonutrients (in milligrams) per 1 cup raw serving.¹⁰

1. POTATO

150g 25.4 mg GAE

KEY NUTRIENTS

Copper	70.5%
Manganese	39.3%
Iron	27.0%
Vitamin B ₆	21.1%
Vitamin C	19.0%



PHYTONUTRIENTS

mg/1 cup raw

PHENOLIC ACIDS:	5-Caffeoylquinic Acid	40.095
	Caffeic Acid	2.430
LIGNANS:	Lariciresinol	4.200
	Secoisolariciresinol	0.135
FLAVONOIDS:	Kaempferol	0.075

2. ONION

160g 32.7 mg GAE

KEY NUTRIENTS

Vitamin C	13.2%
Vitamin B ₆	11.3%
Fiber	9.7%
Manganese	9.0%
Folate	7.6%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Quercetin	5.200
	Quercetin 3,4'-O-diglucoside	4.992
	Quercetin 4'-O-glucoside	3.600
CAROTENOIDS:	Lutein + Zeaxanthin	0.006
	Beta-carotene	0.002

3. TOMATO

180g 32.7 mg GAE

KEY NUTRIENTS

Vitamin C	27.4%
Vitamin K	11.9%
Copper	11.8%
Potassium	9.1%
Manganese	8.9%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Lycopene	4.631
	Beta-carotene	0.808
PHENOLIC ACIDS:	Caffeic Acid	4.320
	5-Caffeoylquinic Acid	3.312
	4-Caffeoylquinic Acid	2.106
	p-Coumaric Acid	1.710
FLAVONOIDS:	Quercetin	2.052
	Naringenin	1.728
LIGNANS:	Lariciresinol	1.710

4. CARROT

128g 23.3 mg GAE

KEY NUTRIENTS

Vitamin A	118.8%
Vitamin K	14.1%
Fiber	12.8%
Vitamin B ₆	10.4%
Potassium	8.7%



PHYTONUTRIENTS

mg/1 cup raw

PHENOLIC ACIDS:	Caffeic Acid	17.920
	5-Caffeoylquinic Acid	11.366
	Trans-5-Caffeoylquinic Acid	7.411
	4-Hydroxybenzoic Acid	7.040
CAROTENOIDS:	Beta-carotene	10.605
	Alpha-carotene	4.451
LIGNANS:	Lariciresinol	5.760
	Pinoresinol	1.830

5. BELL PEPPER

149g 105.9 mg GAE

KEY NUTRIENTS	
Vitamin C	211.4%
Vitamin A	26.0%
Vitamin B ₆	25.5%
Folate	17.1%
Vitamin E	15.7%



PHYTONUTRIENTS

mg/1 cup raw

LIGNANS:	Lariciresinol	11.875
	Secoisolariciresinol	0.358
	Pinoresinol	0.119
CAROTENOIDS:	Beta-carotene	2.420
	Beta-cryptoxanthin	0.730
	Lutein + Zeaxanthin	0.076
FLAVONOIDS:	Luteolin	1.073
	7-O-(2'-apiosyl-6-malonyl)-glucoside	
	Quercetin 3-O-rhamnoside	0.149

6. LETTUCE

47g 5.8 mg GAE

KEY NUTRIENTS	
Vitamin K	40.1%
Vitamin A	22.8%
Folate	16.0%
Fiber	3.5%
Manganese	3.2%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Beta-carotene	2.456
	Lutein + Zeaxanthin	1.087
PHENOLIC ACIDS:	5-Caffeoylquinic Acid	1.777
FLAVONOIDS:	Quercetin	0.870
	3-O-(6" malonyl glucoside)	
	Quercetin	0.766
	Quercetin 3-O glucuronide	0.630
	Luteolin 7-O-glucuronide	0.188
	Quercetin 3-O glucoside	0.174

7. BROCCOLI

91g 36.5 mg GAE

KEY NUTRIENTS

Vitamin C	90.2%
Vitamin K	77.0%
Folate	14.3%
Pantothenic Acid	10.4%
Vitamin B ₆	9.4%



PHYTONUTRIENTS

mg/1 cup raw

LIGNANS:	Lariciresinol	88.452
	Pinoresinol	28.665
FLAVONOIDS:	Kaempferol 3-O-sophoroside	15.106
	Quercetin 3-O-sophoroside	5.915
	Kaempferol	5.142
	Quercetin	3.868
	Quercetin 3-O-glucoside	1.638
PHENOLIC ACIDS:	3-Caffeoylquinic Acid	5.342
	1,2-Diferuloylgentiobiose	2.412

8. SALAD MIX

75g 6.4 mg GAE

KEY NUTRIENTS

Vitamin C	4.7%
Fiber	3.2%
Protein	1.8%
Iron	1.8%
Calcium	1.4%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Beta-carotene	0.215
	Lutein + Zeaxanthin	0.199
	Alpha-carotene	0.002

9. CUCUMBER

104g 4.0 mg GAE

KEY NUTRIENTS

Vitamin K	13.8%
Pantothenic Acid	5.2%
Copper	4.6%
Manganese	3.5%
Potassium	3.2%



PHYTONUTRIENTS

mg/1 cup raw

LIGNANS:	Lariciresinol	3.692
	Secoisolariciresinol	0.260
	Pinoresinol	0.062
FLAVONOIDS:	Kaempferol	0.062
	Quercetin	0.042
CAROTENOIDS:	Beta-carotene	0.047
	Beta-cryptoxanthin	0.027
	Lutein + Zeaxanthin	0.024

10. CELERY

101g 2.8 mg GAE

KEY NUTRIENTS

Vitamin K	24.7%
Folate	9.1%
Fiber	5.8%
Potassium	5.6%
Pantothenic Acid	5.0%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Apigenin	5.202
	Luteolin	1.394
FURANOCOUMARINS:	Bergapten	1.121
	Xanthotoxin	0.758
	Isopimpinellin	0.636
CAROTENOIDS:	Psoralen	0.101
	Lutein + Zeaxanthin	0.273
	Beta-carotene	0.101

11. CORN

154g

75.3 mg GAE

KEY NUTRIENTS

Pantothenic Acid	22.1%
Thiamin	19.9%
Niacin	17.0%
Folate	16.2%
Magnesium	13.6%



PHYTONUTRIENTS

CAROTENOIDS:		mg/1 cup raw
Lutein + Zeaxanthin	0.992	
Beta-cryptoxanthin	0.177	
Beta-carotene	0.072	
Alpha-carotene	0.025	

12. MUSHROOMS

70g

23.9 mg GAE

KEY NUTRIENTS

Thiamin	47.3%
Copper	24.7%
Riboflavin	21.6%
Pantothenic Acid	21.0%
Niacin	15.8%



PHYTONUTRIENTS

mg/1 cup raw
Our data source does not show values for phytonutrients at this time.

13. GARLIC

9g

8.7 mg GAE

KEY NUTRIENTS

Manganese	6.5%
Vitamin B ₆	6.5%
Vitamin C	3.1%
Copper	3.0%
Selenium	2.3%



PHYTONUTRIENTS

mg/1 cup raw

LIGNANS:	Lariciresinol	1.547
	Pinoresinol	1.089
	Secoisolariciresinol	0.140
CAROTENOIDS:	Lutein + Zeaxanthin	0.001

14. SPINACH

30g

21.8 mg GAE

KEY NUTRIENTS

Vitamin K	120.7%
Vitamin A	15.6%
Folate	14.6%
Manganese	11.7%
Vitamin C	9.4%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Lutein + Zeaxanthin	3.659
	Beta-carotene	1.688
FLAVONOIDS:	Kaempferol	2.358
	Quercetin	1.761
	Luteolin	0.333
LIGNANS:	Lariciresinol	0.018
	Pinoresinol	0.006

15. GREEN BEANS

110g 23.0 mg GAE

KEY NUTRIENTS

Vitamin K	39.4%
Vitamin C	14.9%
Fiber	10.6%
Manganese	10.3%
Vitamin B ₆	9.1%



PHYTONUTRIENTS

mg/1 cup raw

LIGNANS:	Lariciresinol	24.200
	Pinoresinol	2.640
	Secoisolariciresinol	0.737
FLAVONOIDS:	Quercetin	3.432
	Quercetin 3-O-rutinoside	2.739
	Quercetin 3-O-rhamnoside	2.189
	Quercetin 3-O-glucuronide	0.880
	(-) Epicatechin	0.759
CAROTENOIDS:	Lutein + Zeaxanthin	0.704

16. SWEET POTATO

133g 40.2 mg GAE

KEY NUTRIENTS

Vitamin A	104.8%
Copper	22.3%
Pantothenic Acid	21.3%
Vitamin B ₆	16.4%
Manganese	14.9%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Beta-carotene	11.317
LIGNANS:	Secoisolariciresinol	0.160
	Matairesinol	0.133
	Lariciresinol	0.093
	Pinoresinol	0.013

17. GREEN ONION

100g 36.3 mg GAE

KEY NUTRIENTS	
Vitamin K	172.5%
Vitamin C	20.9%
Folate	16.0%
Fiber	9.3%
Copper	9.2%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Quercetin	10.700
	Kaempferol	1.400
CAROTENOIDS:	Lutein + Zeaxanthin	1.137
	Beta-carotene	0.598

18. CAULIFLOWER

100g 36.3 mg GAE

KEY NUTRIENTS	
Vitamin C	53.6%
Folate	14.3%
Pantothenic Acid	13.3%
Vitamin K	12.9%
Choline	11.1%



PHYTONUTRIENTS

mg/1 cup raw

LIGNANS:	Lariciresinol	9.310
	Pinoresinol	4.370
PHENOLIC ACIDS:	Sinapic Acid	4.280
	Syringic Acid	1.130
	Gallic Acid	0.690
	Ferulic Acid	0.530
	Protocatechuic Acid	0.440
FLAVONOIDS:	Quercetin	0.870
	Kaempferol	0.210
	Apigenin	0.130

19. CABBAGE

89g

20.0 mg GAE

KEY NUTRIENTS

Vitamin K	56.4%
Vitamin C	36.2%
Folate	9.6%
Fiber	7.9%
Vitamin B ₆	6.5%



PHYTONUTRIENTS

CAROTENOIDS:	Beta-carotene	0.037
	Alpha-carotene	0.029
	Lutein + Zeaxanthin	0.027
LIGNANS:	Pinoresinol	0.036
	Lariciresinol	0.027
FLAVONOIDS:	Kaempferol	0.018
	Quercetin	0.018

mg/1 cup raw

20. ASPARAGUS

134g

71.2 mg GAE

KEY NUTRIENTS

Vitamin K	46.5%
Copper	28.1%
Folate	17.4%
Thiamin	16.0%
Iron	15.9%



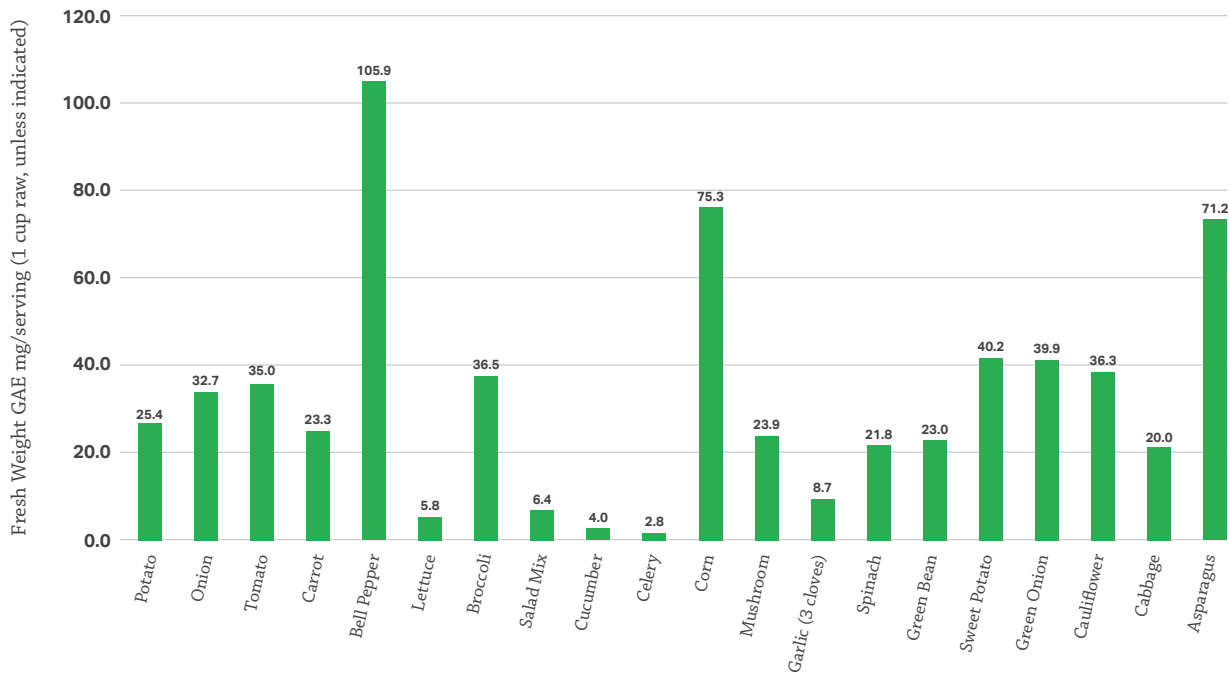
PHYTONUTRIENTS

FLAVONOIDS:	Quercetin 3-O-rutinoside	31.075
	CAROTENOIDS: Lutein + Zeaxanthin	0.951
LIGNANS:	Beta-carotene	0.602
	Secoisolariciresinol	0.335
	Pinoresinol	0.107
	Lariciresinol	0.094
	Syringaresinol	0.067

mg/1 cup raw

GAEs of Top 20 Consumed Vegetables

PRESENTED IN ORDER OF HIGHEST CONSUMPTION





CDC Powerhouse Produce

The produce listed in this section are presented in ranked order as determined by the CDC.²

IMPORTANT INDICATORS FOR POWERHOUSE PRODUCE

The **GREEN BOX** features the amount of fruit or vegetable (in grams) per 1 cup raw serving.

The **BLUE BOX** represents the Nutrient Density Scores (NDS), calculated by the CDC. NDS takes the average daily values for the qualifying nutrients, which are then divided by the food's energy density.²

The **ORANGE BOX** represents the calories that would be provided through one serving size, showcasing the minimal substantial value.⁹

The **YELLOW BOX** features the Gallic Acid Equivalence (GAE), measured in milligrams, which indicates the total amount of polyphenols found in that food.⁸

The **KEY NUTRIENTS CHART** highlights the Daily Value percentages of top key nutrients per 1 cup raw serving.⁹

The **PHYTONUTRIENTS** list showcases the highest amounts of phytonutrients (in milligrams) per 1 cup raw serving.¹⁰

1. WATERCRESS

34g

100 NDS

3.7 kcal

47.5 mg GAE

KEY NUTRIENTS

Vitamin K	70.8%
Vitamin C	16.2%
Vitamin A	6.0%
Manganese	3.6%
Calcium	3.1%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Lutein + Zeaxanthin	1.961
	Beta-carotene	0.651
FLAVONOIDS:	Quercetin	1.360
	Kaempferol	0.340
LIGNANS:	Lariciresinol	0.034
	Secoisolariciresinol	0.010
	Pinoresinol	0.007

2. CHINESE CABBAGE

76g

92 NDS

12.2 kcal

14.7 mg GAE

KEY NUTRIENTS

Vitamin K	27.2%
Vitamin C	22.8%
Folate	15.0%
Vitamin B ₆	10.4%
Manganese	6.3%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Beta-carotene	0.144
	Lutein + Zeaxanthin	0.036
	Alpha-carotene	0.001

3. CHARD

36g

89.3 NDS

6.8 kcal

36.2 mg GAE

KEY NUTRIENTS

Vitamin K	249.0%
Vitamin A	12.2%
Vitamin C	12.0%
Copper	7.2%
Magnesium	6.9%



PHYTONUTRIENTS

mg/1 cup raw

PHENOLIC ACIDS:	Syringic Acid	16.164
	Caffeic Acid	5.328
	p-Coumaric Acid	3.744
	5-Caffeoylquinic Acid	2.772
	Protocatechuic Acid	1.944
	Vanillic Acid	1.836
CAROTENOIDS:	Lutein + Zeaxanthin	3.960
FLAVONOIDS:	Kaempferol	3.312

4. BEET GREENS

38g

87.1 NDS

8.4 kcal

38.8 mg GAE

KEY NUTRIENTS

Vitamin K	126.7%
Vitamin A	13.3%
Vitamin C	12.7%
Copper	8.1%
Manganese	6.5%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Beta-carotene	1.442
	Lutein + Zeaxanthin	0.571
	Alpha-carotene	0.001

5. SPINACH

30g

86.4 NDS

6.9 kcal

21.8 mg GAE

KEY NUTRIENTS

Vitamin K	120.7%
Vitamin A	15.6%
Folate	14.6%
Manganese	11.7%
Vitamin C	9.4%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Lutein + Zeaxanthin	3.659
	Beta-carotene	1.688
FLAVONOIDS:	Kaempferol	2.358
	Quercetin	1.761
	Luteolin	0.333
LIGNANS:	Lariciresinol	0.018
	Pinoresinol	0.006

6. CHICORY ROOT

9g

73.4 NDS

6.5 kcal

131.6 mg GAE

KEY NUTRIENTS

Vitamin B ₆	1.3%
Manganese	0.9%
Copper	0.8%
Pantothenic Acid	0.6%
Potassium	0.6%



PHYTONUTRIENTS

mg/1 cup raw

PHENOLIC ACIDS:	5-Caffeoylquinic Acid	9.079
	Chicoric Acid	3.732
	Gallic Acid	2.326
	Protocatechuic Acid	1.961
	Caffeic Acid	0.235
LIGNANS:	Pinoresinol	0.225
	Lariciresinol	0.054
	Secoisolariciresinol	0.051

7. LEAF LETTUCE

28g

70.7 NDS

3.6 kcal

8.9 mg GAE

KEY NUTRIENTS

Vitamin K	32.7%
Vitamin A	11.7%
Folate	2.5%
Manganese	2.5%
Iron	1.9%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Quercetin	11.276
	Quercetin	2.923
	3-O-(6"-malonyl-glucoside)	
	Quercetin 3-O-glucuronide	0.742
	Luteolin 7-O-glucuronide	0.703
CAROTENOIDS:	Beta-carotene	1.259
	Lutein + Zeaxanthin	0.483
	ANTHOCYANINS: Cyanidin	0.815
	3-O-(6"-malonyl-glucoside)	

8. PARSLEY

3.8g

65.6 NDS

1.4 kcal

6.7 mg GAE

KEY NUTRIENTS

Vitamin K	51.9%
Vitamin C	5.6%
Vitamin A	1.8%
Potassium	1.7%
Folate	1.4%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Apigenin	11.476
	Myricetin	0.102
	Luteolin	0.047
	Kaempferol	0.017
FURANOCOUMARINS:	Bergapten	0.243
	Psoralen	0.124
	Isopimpinellin	0.105
CAROTENOIDS:	Xanthotoxin	0.059
	Lutein + Zeaxanthin	0.211
	Beta-carotene	0.192

9. ROMAINE LETTUCE

47g

63.5 NDS

8.0 kcal

5.8 mg GAE

KEY NUTRIENTS

Vitamin K	40.1%
Vitamin A	22.8%
Folate	16.0%
Fiber	3.5%
Manganese	3.2%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Beta-carotene	2.456
	Lutein + Zeaxanthin	1.087
PHENOLIC ACIDS:	5-Caffeoylquinic Acid	1.777
FLAVONOIDS:	Quercetin	0.870
	3-O-(6" malonyl glucoside)	
	Quercetin	0.766
	Quercetin 3-O-glucuronide	0.630
	Luteolin 7-O-glucuronide	0.188
	Quercetin 3-O-glucoside	0.174

10. COLLARD GREENS

36g

62.5 NDS

11.5 kcal

44.8 mg GAE

KEY NUTRIENTS

Vitamin K	131.1%
Vitamin C	14.1%
Folate	11.6%
Manganese	10.3%
Vitamin A	10.0%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Lutein + Zeaxanthin	1.556
	Beta-carotene	1.077
	Beta-cryptoxanthin	0.010
	Alpha-carotene	0.005
LIGNANS:	Lariciresinol	0.022
	Pinoresinol	0.007
	Secoisolariciresinol	0.002

11. TURNIP GREENS

12. MUSTARD GREENS

55g	62.1 NDS	17.6 kcal	59.1 mg GAE
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KEY NUTRIENTS	
Vitamin K	115.0%
Vitamin C	36.7%
Vitamin A	35.4%
Folate	26.7%
Copper	21.4%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Lutein + Zeaxanthin	7.054
	Beta-carotene	3.824
FLAVONOIDS:	Kaempferol	1.744
	Quercetin	0.270
PHENOLIC ACIDS:	Caffeic Acid	1.623
	5-Caffeoylquinic Acid	1.403
	Gallic Acid	1.271
	Ellagic Acid	0.726
	Protocatechuic Acid	0.330

56g	61.4 NDS	15.1 kcal	67.8 mg GAE
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KEY NUTRIENTS	
Vitamin K	120.2%
Vitamin C	43.6%
Copper	10.3%
Vitamin A	9.4%
Vitamin E	7.5%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Kaempferol	21.448
	Quercetin	4.928
CAROTENOIDS:	Lutein + Zeaxanthin	2.089
	Beta-carotene	1.002
	Beta-cryptoxanthin	0.022
	Alpha-carotene	0.006

13. ENDIVE

14. CHIVE

50g

60.4 NDS

8.5 kcal

8.8 mg GAE

KEY NUTRIENTS

Vitamin K	96.3%
Folate	17.8%
Manganese	9.1%
Pantothenic Acid	9.0%
Vitamin A	6.0%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Kaempferol	7.460
	3-O-glucuronide	
	Kaempferol	1.165
	3-O-(6"-malonyl-glucoside)	
	Kaempferol 3-O-glucoside	0.490
CAROTENOIDS:	Beta-carotene	0.650

3g

54.8 NDS

0.9 kcal

1.4 mg GAE

KEY NUTRIENTS

Vitamin K	5.3%
Vitamin C	1.9%
Folate	0.8%
Vitamin A	0.7%
Copper	0.5%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Kaempferol	0.237
	Isorhamnetin	0.203
	Quercetin	0.107
CAROTENOIDS:	Beta-carotene	0.078
	Lutein + Zeaxanthin	0.010
FLAVONES:	Luteolin	0.005

15. KALE

67g

49.1 NDS

23.5 kcal

110.7 mg GAE

KEY NUTRIENTS

Vitamin K	217.5%
Vitamin C	69.5%
Manganese	26.8%
Vitamin A	17.9%
Riboflavin	17.9%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Kaempferol	17.916
	Quercetin	5.166
CAROTENOIDS:	Lutein + Zeaxanthin	4.195
	Beta-carotene	1.925
	Beta-cryptoxanthin	0.018

16. DANDELION GREENS

55g

43.3 NDS

24.8 kcal

24.9 mg GAE

KEY NUTRIENTS

Vitamin K	356.8%
Vitamin A	31.0%
Vitamin C	21.4%
Vitamin E	12.6%
Riboflavin	11.0%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Lutein + Zeaxanthin	7.486
	Beta-carotene	3.220
	Alpha-carotene	0.200
	Beta-cryptoxanthin	0.067

17. RED BELL PEPPER

149g	41.3 NDS	38.7 kcal	105.9 mg GAE
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KEY NUTRIENTS	
Vitamin C	211.4%
Vitamin A	26.0%
Vitamin B ₆	25.5%
Folate	17.1%
Vitamin E	15.7%



PHYTONUTRIENTS

mg/1 cup raw

LIGNANS:	Lariciresinol	11.875
	Secoisolariciresinol	0.358
	Pinoresinol	0.119
CAROTENOIDS:	Beta-carotene	2.420
	Beta-cryptoxanthin	0.730
	Lutein + Zeaxanthin	0.076
FLAVONOIDS:	Luteolin	1.073
	7-O-(2-apiosyl-6-malonyl)-glucoside	
	Quercetin 3-O-rhamnoside	0.149

18. ARUGULA

20g	37.7 NDS	5.0 kcal	32.7 mg GAE
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KEY NUTRIENTS	
Vitamin K	18.1%
Folate	4.9%
Vitamin C	3.3%
Manganese	2.8%
Vitamin A	2.6%

PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Lutein + Zeaxanthin	0.711
	Beta-carotene	0.285
LIGNANS:	Secoisolariciresinol	0.020

19. BROCCOLI

91g

34.9 NDS

30.9 kcal

36.5 mg GAE

KEY NUTRIENTS

Vitamin C	90.2%
Vitamin K	77.0%
Folate	14.3%
Pantothenic Acid	10.4%
Vitamin B ₆	9.4%



PHYTONUTRIENTS

mg/1 cup raw

LIGNANS:	Lariciresinol	88.452
	Pinoresinol	28.665
FLAVONOIDS:	Kaempferol 3-O-sophoroside	15.106
	Quercetin 3-O-sophoroside	5.915
	Kaempferol	5.142
	Quercetin	3.868
	Quercetin 3-O-glucoside	1.638
PHENOLIC ACIDS:	3-Caffeoylquinic Acid	5.342
	1,2-Diferuloylgentiobiose	2.412

20. PUMPKIN

116g

33.8 NDS

30.2 kcal

37.4 mg GAE

KEY NUTRIENTS

Vitamin A	54.9%
Copper	16.4%
Vitamin C	11.6%
Riboflavin	9.8%
Potassium	8.4%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Alpha-carotene	4.659
	Beta-carotene	3.596
	Lutein + Zeaxanthin	1.740
FLAVONOIDS:	Luteolin	1.891
LIGNANS:	Secoisolariciresinol	0.116
	Lariciresinol	0.012

21. BRUSSELS SPROUTS

88g

32.2 NDS

37.8 kcal

88.6 mg GAE

KEY NUTRIENTS

Vitamin K	129.8%
Vitamin C	83.1%
Folate	13.4%
Manganese	12.9%
Fiber	11.9%



PHYTONUTRIENTS

mg/1 cup raw

LIGNANS:	Lariciresinol	43.384
	Pinoresinol	19.360
	Secoisolariciresinol	0.933
CAROTENOIDS:	Lutein + Zeaxanthin	1.399
	Beta-carotene	0.396
	Alpha-carotene	0.005
FLAVONOIDS:	Kaempferol	0.836
	Quercetin	0.264
	Luteolin	0.150

22. SCALLION

100g

27.4 NDS

32 kcal

39.9 mg GAE

KEY NUTRIENTS

Vitamin K	172.5%
Vitamin C	20.9%
Folate	16.0%
Fiber	9.3%
Copper	9.2%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Quercetin	10.700
	Kaempferol	1.400
CAROTENOIDS:	Lutein + Zeaxanthin	1.137
	Beta-carotene	0.598

23. KOHLRABI

135g

25.9 NDS

36.5 kcal

32.7 mg GAE

KEY NUTRIENTS

Vitamin C	93.0%
Copper	19.4%
Fiber	17.4%
Vitamin B ₆	11.9%
Potassium	10.1%



PHYTONUTRIENTS

		mg/1 cup raw
FLAVONOLS:	Kaempferol	3.281
	Quercetin	0.540
FLAVONES:	Luteolin	1.755
CAROTENOIDS:	Beta-carotene	0.030

24. CAULIFLOWER

100g

25.1 NDS

25.0 kcal

36.3 mg GAE

KEY NUTRIENTS

Vitamin C	53.6%
Folate	14.3%
Pantothenic Acid	13.3%
Vitamin K	12.9%
Choline	11.1%



PHYTONUTRIENTS

		mg/1 cup raw
LIGNANS:	Lariciresinol	9.310
	Pinoresinol	4.370
PHENOLIC ACIDS:	Sinapic Acid	4.280
	Syringic Acid	1.130
	Gallic Acid	0.690
	Ferulic Acid	0.530
	Protocatechuic Acid	0.440
FLAVONOIDS:	Quercetin	0.870
	Kaempferol	0.210
	Apigenin	0.130

25. CABBAGE

89g

24.5 NDS

22.3 kcal

20.0 mg GAE

KEY NUTRIENTS

Vitamin K	56.4%
Vitamin C	36.2%
Folate	9.6%
Fiber	7.9%
Vitamin B ₆	6.5%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Beta-carotene	0.037
	Alpha-carotene	0.029
	Lutein + Zeaxanthin	0.027
LIGNANS:	Pinoresinol	0.036
	Lariciresinol	0.027
FLAVONOIDS:	Kaempferol	0.018
	Quercetin	0.018

26. CARROT

128g

22.6 NDS

52.5 kcal

23.3 mg GAE

KEY NUTRIENTS

Vitamin A	118.8%
Vitamin K	14.1%
Fiber	12.8%
Vitamin B ₆	10.4%
Potassium	8.7%



PHYTONUTRIENTS

mg/1 cup raw

PHENOLIC ACIDS:	Caffeic Acid	17.920
	5-Caffeoylquinic Acid	11.366
	Trans-5-Caffeoylquinic Acid	7.411
	4-Hydroxybenzoic Acid	7.040
CAROTENOIDS:	Beta-carotene	10.605
	Alpha-carotene	4.451
LIGNANS:	Lariciresinol	5.760
	Pinoresinol	1.830

27. TOMATO

180g	20.4 NDS	32.4 kcal	35.0 mg GAE
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KEY NUTRIENTS	
Vitamin C	27.4%
Vitamin K	11.9%
Copper	11.8%
Potassium	9.1%
Manganese	8.9%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Lycopene	4.631
	Beta-carotene	0.808
PHENOLIC ACIDS:	Caffeic Acid	4.320
	5-Caffeoylquinic Acid	3.312
	4-Caffeoylquinic Acid	2.106
	p-Coumaric Acid	1.710
FLAVONOIDS:	Quercetin	2.052
	Naringenin	1.728
LIGNANS:	Lariciresinol	1.710

28. LEMON

212g	18.7 NDS	46.6 kcal	190.6 mg GAE
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KEY NUTRIENTS	
Vitamin C	91.2%
Folate	10.6%
Vitamin B ₆	5.7%
Pantothenic Acid	5.6%
Potassium	4.6%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Eriodictyol	37.312
	Hesperetin	36.252
	Luteolin	2.692
	Naringenin	1.166
	Quercetin	0.784
LIGNANS:	Secoisolariciresinol	0.042
CAROTENOIDS:	Lutein + Zeaxanthin	0.032
	Beta-cryptoxanthin	0.008
	Beta-carotene	0.002

29. ICEBERG LETTUCE

73g

18.3 NDS

10.1 kcal

6.4 mg GAE

KEY NUTRIENTS

Vitamin K	14.5%
Folate	5.2%
Manganese	3.9%
Fiber	3.1%
Thiamin	2.5%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Beta-carotene	0.215
	Lutein + Zeaxanthin	0.199
	Alpha-carotene	0.003

30. STRAWBERRY

152g

17.6 NDS

48.6 kcal

276.8 mg GAE

KEY NUTRIENTS

Vitamin C	99.3%
Manganese	18.3%
Fiber	10.9%
Folate	9.1%
Copper	8.1%



PHYTONUTRIENTS

mg/1 cup raw

ANTHOCYANINS:	Pelargonidin 3-O-glucoside	71.653
	Pelargonidin	15.869
	3-O-(6"-succinyl-glucoside)	
	Pelargonidin	7.266
	3-O-(6"-malonyl-glucoside)	
PHENOLIC ACIDS:	Ellagic Acid	56.164
	4-Hydroxybenzoic Acid	11.400
	p-Coumaroyl glucose	6.627
LIGNANS:	Pinoresinol	16.158

31. RADISH

116g

16.9 NDS

18.6 kcal

42.3 mg GAE

KEY NUTRIENTS

Vitamin C	19.1%
Folate	7.3%
Fiber	6.6%
Copper	6.4%
Potassium	5.8%



PHYTONUTRIENTS

		mg/1 cup raw
FLAVONOIDS:	Kaempferol	0.731
	Syringaresinol	0.023
	Lariciresinol	0.012
	Secoisolariciresinol	0.008
	Medioresinol	0.006
	Pinoresinol	0.002
CAROTENOIDS:	Lutein + Zeaxanthin	0.012
	Beta-carotene	0.005

32. WINTER SQUASH

116g

13.9 NDS

39.4 kcal

24.1 mg GAE

KEY NUTRIENTS

Vitamin C	15.9%
Vitamin B ₆	10.6%
Copper	9.2%
Vitamin A	8.8%
Potassium	8.6%



PHYTONUTRIENTS

		mg/1 cup raw
CAROTENOIDS:	Beta-carotene	0.951
	Lutein + Zeaxanthin	0.044
LIGNANS:	Secoisolariciresinol	0.010

33. ORANGE

180g	12.9 NDS	82.8 kcal	92.4 mg GAE
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KEY NUTRIENTS	
Vitamin C	90.0%
Fiber	15.4%
Thiamin	15.0%
Pantothenic Acid	9.0%
Copper	7.8%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Hesperetin	60.480
	Naringenin	20.196
	Kaempferol	0.180
LIGNANS:	Lariciresinol	4.320
	Pinoresinol	2.178
	Secoisolariciresinol	0.252
	Syringaresinol	0.216
CAROTENOIDS:	Lutein + Zeaxanthin	0.232

34. LIME

67g	12.2 NDS	20.1 kcal	39.5 mg GAE
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KEY NUTRIENTS	
Vitamin C	21.7%
Fiber	6.7%
Copper	4.8%
Pantothenic Acid	2.9%
Iron	2.2%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Hesperetin	28.810
	Naringenin	2.278
	Quercetin	0.268

35. PINK GRAPEFRUIT

230g

11.6 NDS

89.7 kcal

224.5 mg GAE

KEY NUTRIENTS

Vitamin C	97.1%
Pantothenic Acid	8.7%
Copper	8.4%
Potassium	7.9%
Thiamin	7.7%



PHYTONUTRIENTS

		mg/1 cup raw
FLAVONOIDS:	Naringenin	121.900
	Hesperetin	3.450
	Quercetin	0.759
	Kaempferol	0.621
LIGNANS:	Lariciresinol	16.399
	Pinoresinol	7.774
PHENOLIC ACIDS:	Ferulic Acid	12.259
	p-Coumaric Acid	1.771
	Sinapic Acid	1.357
	Vanillic Acid	1.012

36. RUTABAGA

140g

11.6 NDS

51.8 kcal

46.3 mg GAE

KEY NUTRIENTS

Vitamin C	38.9%
Fiber	11.5%
Thiamin	10.5%
Potassium	9.1%
Niacin	8.9%



PHYTONUTRIENTS

		mg/1 cup raw
FLAVONOIDS:	Apigenin	5.460
	Myricetin	2.940
	Kaempferol	0.420
	Quercetin	0.140
CAROTENOIDS:	Lutein + Zeaxanthin	0.027
	Lycopene	0.020
	Beta-carotene	0.001
	Beta-cryptoxanthin	0.001

37. TURNIP

130g 11.4 NDS 36.4 kcal 32.3 mg GAE

KEY NUTRIENTS	
Vitamin C	30.3%
Copper	12.3%
Fiber	8.4%
Manganese	7.6%
Vitamin B ₆	6.9%



PHYTONUTRIENTS

LIGNANS:		mg/1 cup raw
Lariciresinol		0.130
Syringaresinol		0.039
Secoisolariciresinol		0.013
Medioresinol		0.005
Pinoresinol		0.005

38. BLACKBERRY

144g 11.3 NDS 61.9 kcal 318.2 mg GAE

KEY NUTRIENTS	
Manganese	40.4%
Vitamin C	33.6%
Fiber	27.3%
Copper	26.4%
Vitamin K	23.8%



PHYTONUTRIENTS

ANTHOCYANINS:		mg/1 cup raw
Cyanidin 3-O-glucoside		199.757
Cyanidin 3-O-(6"dioxyalyl-glucoside)		15.797
Cyanidin 3-O-xyloside		14.026
Cyanidin 3-O-rutinoside		12.758
PHENOLIC ACIDS:		
Ellagic Acid		45.950
FLAVONOIDS:		
(-) Epicatechin		16.531
Myricetin		8.424

39. LEEK

89g

10.7 NDS

54.3 kcal

27.9 mg GAE

KEY NUTRIENTS

Vitamin K	34.9%
Manganese	18.6%
Folate	14.2%
Vitamin B ₆	12.2%
Copper	11.9%



PHYTONUTRIENTS

mg/1 cup raw

FLAVONOIDS:	Kaempferol	2.403
	Myricetin	0.178
	Quercetin	0.089
CAROTENOIDS:	Lutein + Zeaxanthin	1.691
	Beta-carotene	0.890

40. SWEET POTATO

133g

10.5 NDS

114.4 kcal

40.2 mg GAE

KEY NUTRIENTS

Vitamin A	104.8%
Copper	22.3%
Pantothenic Acid	21.3%
Vitamin B ₆	16.4%
Manganese	14.9%



PHYTONUTRIENTS

mg/1 cup raw

CAROTENOIDS:	Beta-carotene	11.317
	LIGNANS:	
	Seoisolariciresinol	0.160
	Matairesinol	0.133
	Lariciresinol	0.093
	Pinoresinol	0.013

41. WHITE GRAPEFRUIT

230g

10.5 NDS

75.9 kcal

105.3 mg GAE

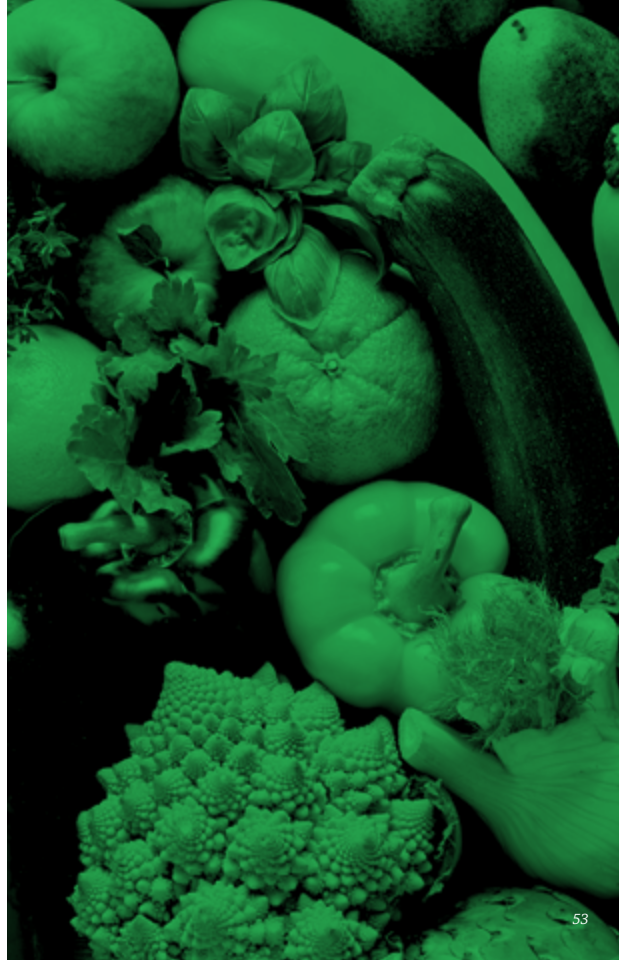
KEY NUTRIENTS

Vitamin C	85.1%
Pantothenic Acid	13.1%
Copper	12.8%
Fiber	9.0%
Potassium	7.2%



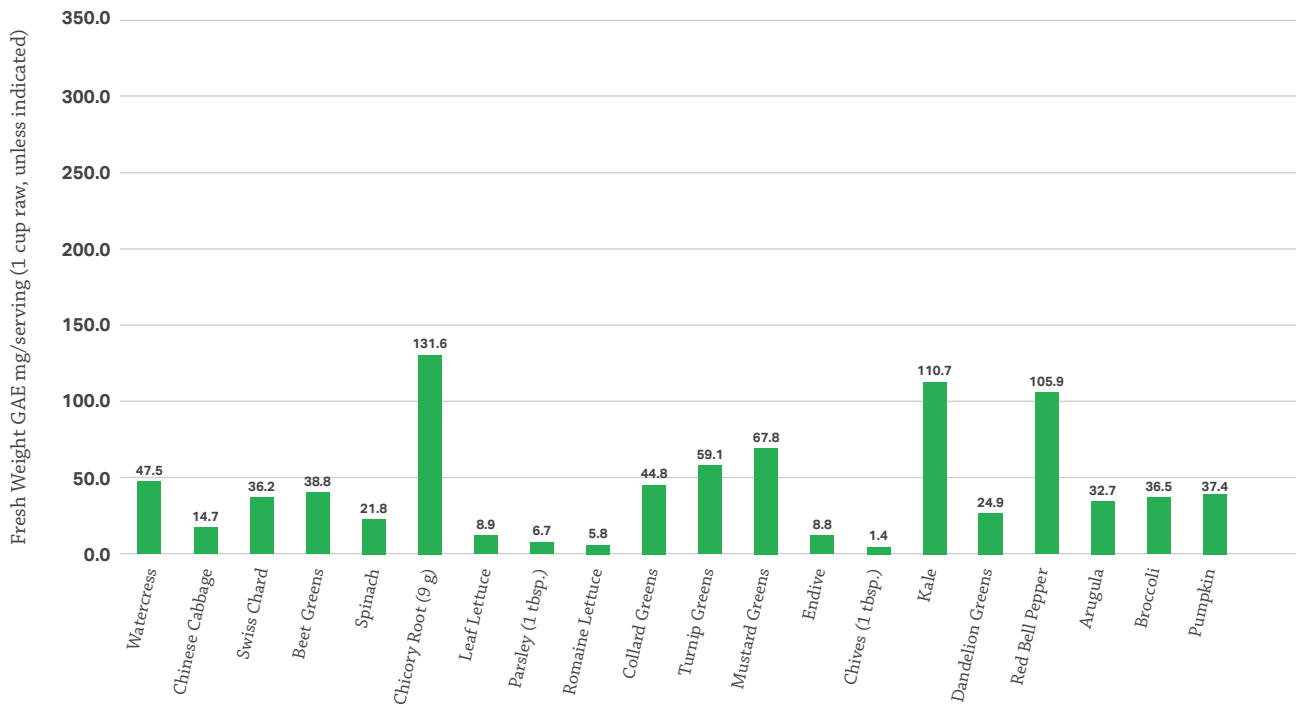
PHYTONUTRIENTS

		mg/1 cup raw
FLAVONOIDS:	Naringenin	121.900
	Hesperetin	3.450
LIGNANS:	Lariciresinol	16.399
	Pinoresinol	7.774
PHENOLIC ACIDS:	Ferulic Acid	12.259
	p-Coumaric Acid	1.771
	Sinapic Acid	1.357
	Vanillic Acid	1.012



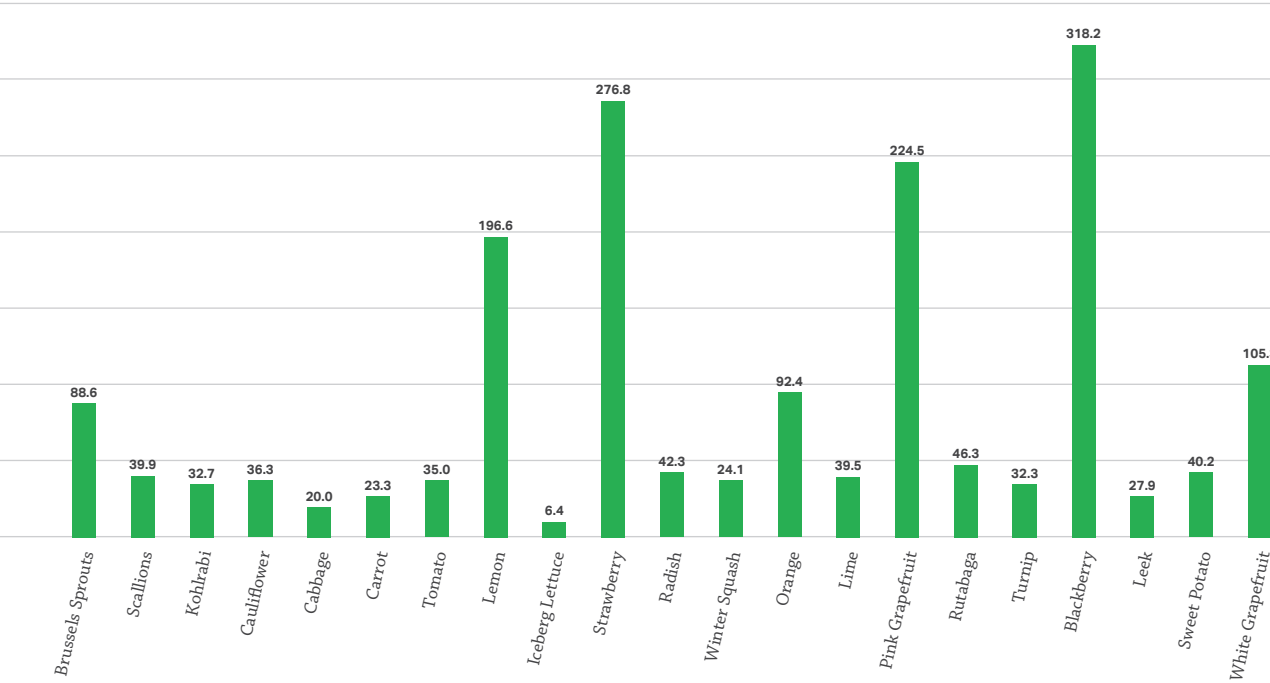
GAEs of CDC Powerhouse Fruits and Vegetables

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ABOUT THE COLOR OF FOOD SERIES

This Fruit and Vegetable booklet is just one part of the multi-faceted series on the Color of Food. Understanding the significance of phytonutrient and nutrient gaps, the GAE connection, and the whole food advantage provides the tools needed to make conscious decisions about our health and the health of the people around us.

Please check out other items in the Color of Food Series:

- Color of Food
- Featured Crops: Nutrient and Phytonutrient Profiles





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