



Food Sources of Nutrients

(from USA National Nutrient Database)

Protein

Beans

- There is no cheaper source of protein and fiber. You can pack them into just about any recipe.
- Serving size: $\frac{1}{2}$ cup of cooked black beans = 7.62 grams of protein
- Excellent source of:
 - Folate (32% of a 2,000-calorie diet)
 - Fiber (30%)
- Good source of:
 - Protein (15%)
 - Thiamin (14%)
 - Iron (10%)

Lentils

- Serving size: $\frac{1}{4}$ cup of dry lentils = 12 grams of protein
- Good source of:
 - Fiber (58% of a 2,000-calorie diet)
 - Folate (57%)
 - Thiamin (28%)
 - Protein (25%)
 - Iron (20%)
 - Vitamin B6 (13%)
 - Pantothenic Acid (10%)

Eggs

- Serving size: 1 large egg = 6.28 grams of protein
- Good source of:
 - Protein (13% of a 2,000-calorie diet)
 - Vitamin B12 (11%)

Next Steps to Better Nutrition

Part 2: Making Healthy Food Choices



Low-fat and non-fat milk (fortified with vitamins A and D)

- Serving size: 8 ounces = 1 ounce of protein
- Good source of:
 - Calcium (31% of a 2,000-calorie diet)
 - Vitamin D (24%)
 - Protein (17%)
 - Fluid

Tofu (raw, firm, prepared with calcium sulfate)

- Serving size: ½ cup raw = 19.88 g of protein
- Excellent source of:
 - Calcium (86% of a 2,000-calorie diet)
 - Protein (40%)
- Good source of Iron (19%)

Iron

Sirloin tri-tip

- Serving size: 3 ounces cooked = 1.5 mg of iron (8% of a 2,000-calorie diet)
- Excellent source of protein (45% of a 2,000-calorie diet)

Breakfast cereals (Analysis for oatmeal enriched with 100% iron)

- Serving size: ½ cup = 19.78 mg of iron
- Good source of added vitamins and minerals

Frozen Spinach

- Spinach is just about the healthiest food you can buy, and it's easy to sneak into many dishes. Frozen spinach is generally cheaper, and you can find better sales.
- Serving size: 5 ounces unprepared frozen spinach = 2.7 mg of iron
- Excellent source of:
 - Vitamin A (92% of a 2,000-calorie diet)
 - Folate (51%)
 - Magnesium (26%)

Next Steps to Better Nutrition

Part 2: Making Healthy Food Choices



- Good source of:
 - Calcium (18%)
 - Riboflavin (18%)
 - Fiber (16%)
 - Iron (15%)
 - Potassium (14%)
 - Vitamin C (13%)
 - Vitamin B6 (12%)

Oatmeal

- Serving size: $\frac{1}{2}$ cup of unprepared old-fashioned rolled oats = 1.7 mg of iron
- Good source of:
 - Fiber (16% of a 2,000-calorie diet)
 - Thiamin (12%)
 - Iron (10%)
 - Protein (10%)

Broccoli

- Serving size: 8 ounces cooked = 1.38 mg of iron
- Excellent source of fiber (24% of a 2,000-calorie diet)

Fiber

Carrots

- Serving size: 1 cup of raw carrot sticks = 3.4 g of fiber
- Excellent source of Vitamin A (113% of a USDA 2,000-calorie diet)
- Good source of:
 - Vitamin K (20%)
 - Fiber (14%)
 - Vitamin C (12%)

Sweet Potatoes

- Sweet potatoes have all the benefits and cooking versatility of regular potatoes.
- Serving size: 1 cup cubed (about 4 ounces) = 4 g of fiber
- Excellent source of Vitamin A (105% of 2000-calorie diet)
- Good source of:
 - Fiber (16%)
 - Vitamin B6 (14%)

Next Steps to Better Nutrition

Part 2: Making Healthy Food Choices



Bananas

- **Serving size: 1 large (5oz) banana = 3.5 g of fiber**
- **Good source of:**
 - Vitamin B6 (25% of a 2000-calorie diet)
 - Vitamin C (20%)
 - Fiber (14%)
 - Potassium (10%)

Apples and applesauce

- **Serving size: 1 medium apple = 4.4 g of fiber**
 - Good source of fiber (18% of a 2,000-calorie diet); Water = 5-6 fluid ounces)
- **Serving size: 1 ¼ cup unsweetened applesauce = 3.4 g of fiber**
 - Good source of fiber (14% of a 2,000-calorie diet); water= 9 fluid ounces

Vitamin B12

Eggs

- **Serving size: 1 egg = .44 mcg of Vitamin B12 (11%)**
- **Good source of protein (13% of a 2,000-calorie diet)**

Beef chuck pot roast

- **Serving size: 3 ounces = 1.64 mcg of Vitamin B12**
- **Excellent source of:**
 - Protein (50% of a 2,000-calorie diet)
 - Zinc (39%)
 - Vitamin B12 (27%)
- **Good source of Iron (11%)**