

Nutrition Facts: Vitamin Content in Foods (High to Low)

Vit A iu

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| 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 leafs 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, Almond Breeze Unsweetened 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 |
| 475 | Butter, unsalted Quantity: 2 Tbsp 28g |
| 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 | Eggs, 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 |
| 238 | Butter, unsalted Quantity: 1 Tbsp 7g |
| 232 | Swiss Cheese Quantity: 1 slice, 1oz, 28g |
| 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 |

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| 199 | Tarragon, ground Quantity: 1 Tbsp 5g |
| 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 |
| 79 | Kiwi fruit, raw (without skin) Quantity: 1 large 91g |
| 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 |
| 49 | Tuna, pouch in water, chunk light low sodium Quantity: 3 oz 85g |
| 47 | Tea, Chamomile organic 0mg caffeine Quantity: 1 cup brewed |
| 46 | Cottage Cheese, low fat 1% milkfat Quantity: 1/2 cup 113g |
| 45 | 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 |
| 37 | Eggplant, cooked, boiled, drained, without salt Quantity: 1 cup 99g |
| 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 |
| 16 | Legumes, lentils, cooked Quantity: 1 cup 198g |

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| 16 | Pecans, raw unsalted Quantity: 19 halves 28g |
| 14 | Sunflower seeds: whole, dried Quantity: 1oz 28g |
| 13 | Cauliflower, white, raw Quantity: 1 cup 100g |
| 13 | Lemon, raw Quantity: 1 small 58g |
| 10 | Legumes, black beans, cooked Quantity: 1 cup 172g |
| 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 |