



Mind Your Peas and Cukes

(3 oz.—about ½ cup—cooked, unless noted)

How can you fit in the recommended 11 servings a day of vegetables and fruits? It's easy. A serving is usually only half a cup, so just eat two—or three—servings at a time. Don't like our Superstars? Ignore the rankings and eat your faves.

	Score	Calories	Vitamin K	Lutein	Vitamin C	Potassium	Fiber
Superstars (Score = 150+)							
Kale	1,392	20	+	+	+	+	+
Spinach, raw (2 cups)	968	20	+	+	+	+	+
Spinach	949	20	+	+	+	+	+
Collard greens	737	20	+	+	+	+	+
Swiss chard	717	20	+	+	+	+	+
Turnip greens	714	20	+	+	+	+	+
Pumpkin, canned	577	40	+	+	+	+	+
Mustard greens	550	10	+	+	+	+	+
Sweet potato, with skin (1 small)	492	100	+	+	+	+	+
Radichio, raw (2 cups)	467	20	+	+	+	+	+
Carrots	399	30	+	+	+	+	+
Broccoli rabe (4 stalks)	392	30	+	+	+	+	+
Romaine lettuce, raw (2 cups)	340	10	+	+	+	+	+
Baby carrots, raw (8)	335	30	+	+	+	+	+
Red leaf lettuce, raw (2 cups)	304	10	+	+	+	+	+
Green leaf lettuce, raw (2 cups)	298	10	+	+	+	+	+
Arugula, raw (2 cups)	293	20	+	+	+	+	+
Broccoli (2 spears)	268	30	+	+	+	+	+
Curly endive, raw (2 cups)	264	10	+	+	+	+	+
Brussels sprouts	247	30	+	+	+	+	+
Broccoli, raw (3 spears)	246	30	+	+	+	+	+
Red bell pepper	225	20	+	+	+	+	+
Butternut squash (½ cup)	208	30	+	+	+	+	+
Bibb or Boston lettuce, raw (2 cups)	201	10	+	+	+	+	+
Red bell pepper, raw (½ large)	198	30	+	+	+	+	+
Peas	173	70	+	+	+	+	+
Bok choy	154	10	+	+	+	+	+
Veggie Good (Score = 50-149)							
Savoy cabbage, raw (1 cup)	139	20	+	+	+	+	+
Tomato (½ cup)	136	20	+	+	+	+	+
Red cabbage, raw (1 cup)	135	30	+	+	+	+	+
Asparagus (6 spears)	134	20	+	+	+	+	+
Tomato, raw (½ cup)	126	20	+	+	+	+	+
Cabbage, raw (1 cup)	120	20	+	+	+	+	+
Green bell pepper	113	20	+	+	+	+	+
Green bell pepper, raw (½ large)	112	20	+	+	+	+	+
Zucchini, raw (½ medium)	103	10	+	+	+	+	+

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Red cabbage	95	30	+	+	+	+	+
Okra	94	20	+	+	+	+	+
Scallions, raw (½ cup)	91	10	+	+	+	+	+
Zucchini	88	10	+	+	+	+	+
Cauliflower, raw (7 florets)	87	20	+	+	+	+	+
Green beans	83	30	+	+	+	+	+
Leeks (¾ cup)	82	30	+	+	+	+	+
Lima beans	82	110	+	+	+	+	+
Green chili pepper, raw (½)	81	10	+	+	+	+	+
Cauliflower (5 florets)	77	20	+	+	+	+	+
Avocado, raw (½)	75	110	+	+	+	+	+
Kohlrabi	71	30	+	+	+	+	+
Artichoke (½)	69	30	+	+	+	+	+
Jalapeño pepper, raw (2)	68	10	+	+	+	+	+
Potato, with skin (1 small)	64	100	+	+	+	+	+
Celery, raw (2 medium stalks)	63	10	+	+	+	+	+
Yellow squash	60	20	+	+	+	+	+
Corn	58	80	+	+	+	+	+
Parsnips	55	60	+	+	+	+	+
Red chili pepper, raw (½)	55	10	+	+	+	+	+
Iceberg lettuce, raw (2 cups)	54	10	+	+	+	+	+
Gotta Love 'em (Score = 0-49)							
Jicama, raw (¾ cup)	48	30	+	+	+	+	+
Rutabaga	44	30	+	+	+	+	+
Beets	43	40	+	+	+	+	+
Jerusalem artichoke (sunchoke), raw (½ cup)	41	60	+	+	+	+	+
Beets, canned	33	30	+	+	+	+	+
White (button) mushrooms	33	20	+	+	+	+	+
Turnips	28	20	+	+	+	+	+
Cucumber, raw, with peel (½ med.)	27	10	+	+	+	+	+
Portobello mushrooms (¾ cup)	24	30	+	+	+	+	+
Eggplant (¾ cup)	21	30	+	+	+	+	+
Onion (½ cup)	21	40	+	+	+	+	+
Spaghetti squash	20	20	+	+	+	+	+
Shiitake mushrooms	19	50	+	+	+	+	+
White (button) mushrooms, raw (5 medium)	19	20	+	+	+	+	+
Radishes, raw (3 large)	13	10	+	+	+	+	+
Onion, raw (3 Tbs.)	9	10	+	+	+	+	+

Source: U.S. Department of Agriculture National Nutrient Database (ndb.nal.usda.gov).