



The Greens Party

	Score	Calories	Vitamin K	Lutein	Vitamin C	Potassium	Fiber
Superstars 150+							
Mustard greens (½ cup)	976	20	+	+	+	+	+
Spinach (½ cup)	948	20	+	+	+	+	+
Swiss chard (½ cup)	716	15	+	+	+	+	+
Turnip greens (½ cup)	714	15	+	+	+	+	+
Spinach, raw (2 cups)	683	15	+	+	+	+	+
Collard greens (½ cup)	649	30	+	+	+	+	+
Canned pumpkin (½ cup)	576	45	+	+	+	+	+
Kale (¾ cup)	553	30	+	+	+	+	+
Sweet potato (1)	509	100	+	+	+	+	+
Radicchio, raw (2 cups)	439	20	+	+	+	+	+
Carrots (½ cup)	397	30	+	+	+	+	+
Broccoli rabe (½ cup)	390	20	+	+	+	+	+
Romaine lettuce, raw (2 cups)	375	15	+	+	+	+	+
Baby carrots, raw (8)	315	30	+	+	+	+	+
Frisée, raw (2 cups)	310	15	+	+	+	+	+
Butternut squash (⅓ cup)	296	35	+	+	+	+	+
Broccoli, raw (3 spears)	270	30	+	+	+	+	+
Broccoli (½ cup)	266	30	+	+	+	+	+
Bibb or Boston lettuce, raw (2 cups)	261	15	+	+	+	+	+
Green leaf lettuce, raw (2 cups)	252	10	+	+	+	+	+
Brussels sprouts (½ cup)	248	30	+	+	+	+	+
Red bell pepper (⅔ cup)	239	25	+	+	+	+	+
Red bell pepper, raw (½ large)	203	25	+	+	+	+	+
Red leaf lettuce, raw (2 cups)	200	5	+	+	+	+	+
Peas (½ cup)	171	70	+	+	+	+	+
Bok choy (½ cup)	155	10	+	+	+	+	+

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Veggie Good 50–149							
Asparagus (6 spears)	142	20	+	+	+	+	+
Red cabbage, raw (1 cup)	140	30	+	+	+	+	+
Arugula, raw (2 cups)	137	10	+	+	+	+	+
Tomato (⅓ cup)	136	15	+	+	+	+	+
Cabbage, raw (1 cup)	124	20	+	+	+	+	+
Savoy cabbage, raw (1 cup)	114	20	+	+	+	+	+
Green bell pepper (⅔ cup)	113	25	+	+	+	+	+
Green beans (⅔ cup)	102	30	+	+	+	+	+
Scallions, raw (⅓ cup)	101	10	+	+	+	+	+
Red cabbage (½ cup)	95	25	+	+	+	+	+
Cauliflower, raw (7 florets)	93	25	+	+	+	+	+
Okra (½ cup)	91	20	+	+	+	+	+
Zucchini (½ cup)	88	15	+	+	+	+	+
Artichoke hearts (½ cup)	86	45	+	+	+	+	+
Green chili pepper, raw (½)	82	10	+	+	+	+	+
Leeks (¾ cup)	82	25	+	+	+	+	+
Cauliflower (5 florets)	81	20	+	+	+	+	+
Lima beans (½ cup)	80	110	+	+	+	+	+
Avocado, raw (½)	74	110	+	+	+	+	+
Potato with skin (1 small)	74	130	+	+	+	+	+
Iceberg lettuce, raw (2 cups)	73	15	+	+	+	+	+
Kohlrabi (½ cup)	72	25	+	+	+	+	+
Jalapeño pepper, raw (2)	63	10	+	+	+	+	+
Yellow corn (½ cup)	61	80	+	+	+	+	+
Celery, raw (2 stalks)	60	15	+	+	+	+	+
Parsnips (½ cup)	55	60	+	+	+	+	+

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Gotta Love 'em 0–49							
Jicama, raw (⅔ cup)	46	35	+	+	+	+	+
Beets (½ cup)	43	35	+	+	+	+	+
Cucumber with peel, raw (⅓)	34	15	+	+	+	+	+
Rutabaga (½ cup)	34	25	+	+	+	+	+
White corn (½ cup)	33	80	+	+	+	+	+
White (button) mushrooms (½ cup)	31	25	+	+	+	+	+
Turnips (½ cup)	27	20	+	+	+	+	+
Portobello mushrooms (⅔ cup)	24	25	+	+	+	+	+
White (button) mushrooms, raw (5)	20	20	+	+	+	+	+
Spaghetti squash (½ cup)	20	25	+	+	+	+	+
Onion (⅓ cup)	20	35	+	+	+	+	+
Eggplant (¾ cup)	19	25	+	+	+	+	+
Shiitake mushrooms (½ cup)	18	50	+	+	+	+	+
Radishes, raw (3 large)	11	5	+	+	+	+	+

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

Key

Percentage of the recommended daily intake:

- + More than 100%
 + 26%–50%
- + 76%–100%
 + 1%–25%
- + 51%–75%
 + Less than 1%

All numbers have been rounded to the nearest whole percent.

Recommended Daily Intakes

- Calcium: 1,200 mg¹
- Carotenoids other than lutein: 3,000 mcg²
- Fiber: 28 g
- Folate: 400 mcg
- Iron: 18 mg
- Lutein: 3,000 mcg²
- Magnesium: 420 mg
- Potassium: 4,700 mg
- Vitamin C: 90 mg
- Vitamin K: 120 mcg

¹ RDA for women over 50 and men over 70.

² NAH daily target based on available research.

All other numbers are DVs.