

## Vegetables: your super supplements reference

	Vit C	Vit B6	Folate	Vit A	Niacin	Thiamin	Potassium	Vit K	References
10% RDI	4mg/serve	0.16mg/serve	20ug/serve	75ug/serve	1mg/serve	0.11mg/serve	>200mg/serve	8ug/serve	Schedule 4, Standard 1.2.7
Unit of Measure:	% RDI/serve	% RDI/serve	% RDI/serve	% RDI/serve	% RDI/serve	% RDI/serve	mg/serve	ug/serve	
Asparagus	12.50%		33.90%				207		vegetables.co.nz
Beetroot			25%				210		vegetables.co.nz
Broccoli	117%	14%	13%	30%				83	vegetables.co.nz; USDA Food Composition Database
Brussel Sprout	12%	11%					258	23	vegetables.co.nz; FoodFiles
Cabbage	41.50%								vegetables.co.nz
Capsicum	259%	26%	32%	16%					vegetables.co.nz
Carrot	15%			133%	10%		230		vegetables.co.nz
Cauli	95%		15%						vegetables.co.nz
Celery							237	20	vegetables.co.nz; FoodFiles
Corn	20%		13%		19%	16%	244		vegetables.co.nz
Courgette	31%		12%		11%		413		vegetables.co.nz
Green bean	12%		11%						vegetables.co.nz
Kale	225%	12%	52%	50%				113	USDA food composition database
Kumara	11%				36%		683		vegetables.co.nz
Leeks	26%							32	vegetables.co.nz; USDA Food Composition Database
Lettuce								24	FoodFiles
Mushroom		10%			14%		258		vegetables.co.nz
Parsnip								25	FoodFiles
Peas	31%	51%	26%		19%	19%		23	vegetables.co.nz; USDA Food Composition Database
Potato	30%				14%		446		vegetables.co.nz
Pumpkin	54%	14%		81%	25%		479		vegetables.co.nz; NZ Food Composition Tables
Silverbeet	30%	12%	16%	55%			316	22	vegetables.co.nz; FoodFiles
Spinach		61%	50%	40%			255	70	vegetables.co.nz; FoodFiles
Swede	32%								vegetables.co.nz
Tomato	76%			16%	13%		305		vegetables.co.nz
Watercress	34%		25%	20%					vegetables.co.nz
Yams		19%	29%	16%			488		vegetables.co.nz