LIST OF FRUITS AND VEGETABLES

Good Sources of Vitamin A

acorn squash
apricot
bok choy
broccoli
butternut squash
cantaloupe
carrots
chicory greens
collards
dandelion greens
dried apricots
endive
escarole
hubbard squash
kale
leaf lettuce
loquats
mandarin orange
mango
mustard greens
nectarine
papaya
peach
persimmon
plantain
prunes
pumpkin
red bell pepper
romaine lettuce
spinach
sweet potato
swiss chard
tangerine
tomato
turnip greens

Good Sources of Vitamin C

acerola cherries
bell peppers
blackberries
blueberries
bok choy
broccoli
brussels sprouts
cabbage
cantaloupe
cauliflower
chili peppers
crenshaw melon
gooseberries
grapefruit
guava
honeydew
jalapeno pepper
kiwifruit
kohlrabi
lemon
lime
mandarin orange
mango
mustard greens
orange
orange juice
papaya
persian melon
pineapple
potato
radishes
raspberries
rutabaga
Santa Claus melon
snow peas
spinach
strawberries
summer squash
sweet potato/yam
tangelo
tangerine
tomato
turnip greens
watermelon

Cruciferous or Cabbage Family Vegetables

broccoli
brussels sprouts
cabbage
(red, green, Chinese)
cauliflower
kale
kohlrabi
mustard greens
rutabaga
turnips
radishes
watercress
bok choy