

APPENDIX 12. SELECTED FOOD SOURCES RANKED BY AMOUNTS OF POTASSIUM AND CALORIES PER STANDARD FOOD PORTION

Food	Standard portion size	Calories in standard portion ^a	Potassium in standard portion (mg) ^a
Potato, baked, flesh and skin	1 small potato	128	738
Prune juice, canned	1 cup	182	707
Carrot juice, canned	1 cup	94	689
Tomato paste	¼ cup	54	664
Beet greens, cooked	½ cup	19	654
White beans, canned	½ cup	149	595
Tomato juice, canned	1 cup	41	556
Plain yogurt, nonfat or lowfat	8 ounces	127-143	531-579
Tomato puree	½ cup	48	549
Sweet potato, baked in skin	1 medium	103	542
Clams, canned	3 ounces	126	534
Orange juice, fresh	1 cup	112	496
Halibut, cooked	3 ounces	119	490
Soybeans, green, cooked	½ cup	127	485
Tuna, yellowfin, cooked	3 ounces	118	484
Lima beans, cooked	½ cup	108	478
Soybeans, mature, cooked	½ cup	149	443
Rockfish, Pacific, cooked	3 ounces	103	442
Cod, Pacific, cooked	3 ounces	89	439
Evaporated milk, nonfat	½ cup	100	425
Low-fat (1%) or reduced fat (2%) chocolate milk	1 cup	158-190	422-425
Bananas	1 medium	105	422
Spinach, cooked	½ cup	21-25	370-419
Tomato sauce	½ cup	29	405
Peaches, dried, uncooked	¼ cup	96	398
Prunes, stewed	½ cup	133	398
Skim milk (nonfat)	1 cup	83	382
Rainbow trout, cooked	3 ounces	128	381
Apricots, dried, uncooked	¼ cup	78	378
Pinto beans, cooked	½ cup	122	373
Pork loin, center rib, lean, roasted	3 ounces	190	371
Low-fat milk or buttermilk (1%)	1 cup	98-102	366-370
Lentils, cooked	½ cup	115	365
Plantains, cooked	½ cup	89	358
Kidney beans, cooked	½ cup	112	358

a. Source: U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. 2009. USDA National Nutrient Database for Standard Reference, Release 22. Available at: <http://www.ars.usda.gov/ba/bhnrc/ndl>.

APPENDIX 14. SELECTED FOOD SOURCES RANKED BY AMOUNTS OF CALCIUM AND CALORIES PER STANDARD FOOD PORTION

Food	Standard portion size	Calories in standard portion ^a	Calcium in standard portion ^a (mg)
Fortified ready-to-eat cereals (various)	¾-1 cup (about 1 ounce)	100-210	250-1,000
Orange juice, calcium fortified	1 cup	117	500
Plain yogurt, nonfat	8 ounces	127	452
Romano cheese	1½ ounces	165	452
Pasteurized process Swiss cheese	2 ounces	189	438
Evaporated milk, nonfat	½ cup	100	371
Tofu, regular, prepared with calcium sulfate	½ cup	94	434
Plain yogurt, low-fat	8 ounces	143	415
Fruit yogurt, low-fat	8 ounces	232	345
Ricotta cheese, part skim	½ cup	171	337
Swiss cheese	1½ ounces	162	336
Sardines, canned in oil, drained	3 ounces	177	325
Pasteurized process American cheese food	2 ounces	187	323
Provolone cheese	1½ ounces	149	321
Mozzarella cheese, part-skim	1½ ounces	128	311
Cheddar cheese	1½ ounces	171	307
Low-fat milk (1%)	1 cup	102	305
Muenster cheese	1½ ounces	156	305
Skim milk (nonfat)	1 cup	83	299
Soy milk, original and vanilla, with added calcium	1 cup	104	299
Reduced fat milk (2%)	1 cup	122	293
Low-fat chocolate milk (1%)	1 cup	158	290
Low-fat buttermilk (1%)	1 cup	98	284
Rice milk, with added calcium	1 cup	113	283
Whole chocolate milk	1 cup	208	280
Whole milk	1 cup	149	276
Plain yogurt, whole milk	8 ounces	138	275
Reduced fat chocolate milk (2%)	1 cup	190	272
Ricotta cheese, whole milk	½ cup	216	257
Tofu, firm, prepared with calcium sulfate and magnesium chloride	½ cup	88	253

a. Data source: U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. 2009. USDA National Nutrient Database for Standard Reference, Release 22. Available at: <http://www.ars.usda.gov/ba/bhnrc/ndl>.

APPENDIX 15. SELECTED FOOD SOURCES RANKED BY AMOUNTS OF VITAMIN D AND CALORIES PER STANDARD FOOD PORTION

Food	Standard portion size	Calories in standard portion ^a	Vitamin D in standard portion ^{a,b} (mcg)
Salmon, sockeye, cooked	3 ounces	184	19.8
Salmon, smoked	3 ounces	99	14.5
Salmon, canned	3 ounces	118	11.6
Rockfish, cooked	3 ounces	103	6.5
Tuna, light, canned in oil, drained	3 ounces	168	5.7
Orange juice ^c	1 cup	118	3.4
Sardine, canned in oil, drained	3 ounces	177	4.1
Tuna, light, canned in water, drained	3 ounces	99	3.8
Whole milk ^c	1 cup	149	3.2
Whole chocolate milk ^c	1 cup	208	3.2
Reduced fat chocolate milk (2%) ^c	1 cup	190	3.0
Milk (nonfat, 1% and 2%) ^c	1 cup	83-122	2.9
Low-fat chocolate milk (1%) ^c	1 cup	158	2.8
Soy milk ^c	1 cup	104	2.7
Evaporated milk, nonfat ^c	½ cup	100	2.6
Flatfish (flounder and sole), cooked	3 ounces	99	2.5
Fortified ready-to-eat cereals (various) ^c	¾-1¼ cup (about 1 ounce)	92-190	0.9-2.5
Rice drink ^c	1 cup	113	2.4
Herring, pickled	3 ounces	223	2.4
Pork, cooked (various cuts)	3 ounces	153-337	0.6-2.2
Cod, cooked	3 ounces	89	1.0
Beef liver, cooked	3 ounces	149	1.0
Cured ham	3 ounces	133-207	0.6-0.8
Egg, hard-boiled	1 large	78	0.7
Shiitake mushrooms	½ cup	41	0.6
Canadian bacon	2 slices (about 1½ ounces)	87	0.5

a. Source: U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. 2009. USDA National Nutrient Database for Standard Reference, Release 22. Available at: <http://www.ars.usda.gov/ba/bhnc/ndl>.

b. 1 mcg of vitamin D is equivalent to 40 IU.

c. Vitamin D fortified.