

Foods Rich in Antioxidant Vitamins

Foods Rich in Vitamin C

Food Rich in vitamin C	Amount	Milligrams
Broccoli	1/2c	58
Brussels sprouts	1/2c	35
Cantaloupe	1/4 melon	56
Cauliflower	1/2c	34
Clams	1 pint	98
Currant, fresh	1/2c	101
Mango	1	53
Green pepper	1	89
Hot pepper	1	46
Kiwi	1	74
Papaya	1	187
Orange - California	1	80
Orange - Florida	1	68
Orange juice	6oz	155
Grape fruit	1/2 fruit	120
Grapefruit juice	6 oz.	185

Foods Rich in Vitamin E

Foods Rich in Vitamin E	Amount	Milligrams
Dried apricots	1C	7
Mango	1	2
Olive oil	1/2c	12
Assorted nuts	1 c	12
Pumpkin seeds	1/2c	2
Fortified cereals	1 C	27
Sweet potato	1	5
Wheat germ	3 1/2C	14
Sunflower seeds	3 1/2 c	44
Kale, raw	3 1/2C	8

Food Rich in Beta Carotene

Foods Rich in Beta Carotene	Amount	International Units
Broccoli	1/2c	1,082
Carrots, cooked	1/2c	19,152
Carrots, raw	1	20,253
Sweet potatoes	1	21,822
Yellow squash	1/2c	3,628
Spinach, cooked	1/2c	7,371
Spinach, raw	1/2c	1,847
Tomato	1	766
Kale, cooked	1/2c	2,762
Cantaloupe	1/4 melon	4,304