

Health Tips for seniors

Minerals for your needs from fruits & vegetables

Calcium (Recommendation: 1200 mg / day)

- Golden seedless raisins (2/3 cup = 53 mg)
- Rhubarb (1 cup = 266 mg)
- Mustard spinach (1/2 cup = 158 mg)
- Collards (1 cup = 148 mg)
- Green soybeans (1/2 cup = 131 mg)
- Californian red kidney beans (1 cup = 116 mg)

Iron (Recommendation: 8 mg / day)

- Hyacinth beans (1 cup = 8.88 mg)
- Mature soybeans (1 cup = 8.84 mg)
- Wild rice (1 cup = 6.7 mg)
- White beans (1 cup = 6.61 mg)
- Lentils (1 cup = 6.59 mg)
- Kidney beans (1 cup = 5.2 mg)

Magnesium (Recommendation: 320 — 420 mg / day)

- Black beans (1 cup = 121 mg)
- Mature soybeans (1 cup = 148 mg)
- White beans (1 cup = 113 mg)

Zinc (Recommendation: 8 — 11 mg / day)

- Hyacinth beans (1 cup = 5.53 mg)
- Chick peas (1 cup = 2.51 mg)

Key (units of weight) mg = milligrams µg = micrograms



For more information visit www.eatright.org

Erie County Department of Senior Services

(716) 858-8526 www.erie.gov/depts/seniorservices/

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