

# Health Tips for seniors

## Vitamins for your needs from fruits & vegetables

### Vitamin D (Recommendation: >10 µg/day)

- Dried Shitake Mushrooms (41.5 µg / 100g)

### Vitamin A (Recommendation: 700 — 900 µg / day)

- Mango (806 µg)
- Cantaloupe (1 cup = 516 µg)
- Sweet potato (2,488 µg)
- Carrot (2,025 µg)
- Butternut winter squash (1/2 cup = 714 µg)
- Kale (1/2 cup = 481 µg)

### Vitamin E (Recommendation: 15 mg / day)

- Mango (2.32 mg)
- Sweet potato (5.93 mg)
- Californian avocado (2.32 mg)
- 4 spears (1.15 mg)

### Folate or Folic Acid (Recommendation 400 µg / day)

- Lentils (1 cup = 358 µg)
- Black-eye peas (1 cup= 356 µg)
- Pinto beans (1 cup = 294 µg)
- Chickpeas (1 cup = 282 µg)
- Black beans (1 cup = 256 µg)
- Kidney beans (1 cup = 229 µg)

<p><u>Key (units of weight)</u> mg = milligrams µg = micrograms</p>
---

For more information visit [www.eatright.org](http://www.eatright.org)

Erie County Department of Senior Services

(716) 858-8526 [www.erie.gov/depts/seniorservices/](http://www.erie.gov/depts/seniorservices/)

Prepared by: Antonio S. Santo, Ph.D.

