

Common Veggie Foods Best for Vitamins

Veggie foods are also nutritious! Find the best veggie foods for essential vitamins!

**Percent Daily Values shown below are for adults or children 4 or more years of age, and are based on a 2,000-calorie average diet.*

Vitamin A

Function:



Maintains healthy eyes



Maintains healthy bones and teeth, and promotes their growth and development

Most Recommended:



Sweet Potato

100g serving of cooked sweet potato contains 384% of your recommended daily value

Vitamin B1

Function:



Helps maintain normal function of the heart, muscles and digestive system

Most Recommended:



Sunflower Seeds

100g sunflower seeds contain 99% of your recommended daily value

Vitamin B2

Function:



Maintains healthy mouth, lips, tongue, and eyes



Most Recommended:



Almonds

100g almonds contain 60% of your recommended daily value

Vitamin C

Function:

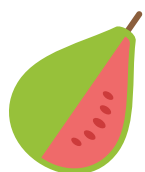


Promotes the growth and repair of cells, gum, teeth, blood vessels and bones



Wound healing

Most Recommended:



Guavas

100g guavas contain 381% of your recommended daily value

Vitamin D

Function:



Maintains healthy bones and teeth and improves brain energy

Most Recommended:



Crimini Mushrooms (exposed to sunlight)

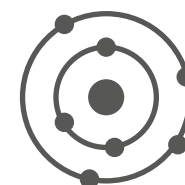
Mushrooms produce vitamin D from sunlight much like our bodies. 100g crimini mushrooms (exposed to sunlight for 20mins) contain 185% of your recommended daily value

Vitamin E

Function:



Protects red blood cells



Functions as an antioxidant

Most Recommended:



Sunflower Seeds

100g sunflower seeds contain 131% of your recommended daily value

Read More

Lists of the Most Nutritious Foods Ranked by Nutrient Content

<https://goo.gl/gzzQFQ>

Green It Yourself

<https://giy.greenmonday.org/>



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