

Module 9 – **Nutrition and Fluids**

Food Value Chart: Vegetables & Legumes (Note: Each symbol (•) = about 60 mg)

		Phosphorus
Acorn squash (mashed) ½ C		•
Alfalfa sprouts 1 C	•	•
Artichokes (fresh)		
Arugula ½ C ■		•
Asparagus (fresh, cooked) 6 stalks		•
Avocado (raw) 1 C sliced		•
Baked beans (homemade) 1 C		
Bamboo shoots (canned) 1 C	••	•
Beet greens (fresh) ½ C ■	••	•
Beets (fresh, cooked)		•
Bell pepper (yellow, raw) 1 large		•
Black beans (boiled)		
Blackeyed peas (canned) 1 C		
Broccoli (florets, raw) 1 C		•
Brussel sprouts (boiled) ½ C		•
Butternut squash (mashed) ½ C		•
Cabbage, green (boiled) ½ C shredded	••	•
Cabbage, red (boiled) ½ C shredded		•
Carrot (raw) 1,7.5"		•
Carrot (cooked) ½ C sliced	•••	•
Cauliflower (cooked)	•••	•
Cauliflower (raw) 1 C		•
Celery (raw) 1 stalk	••	•
Chickpeas (canned) 1 C		****
Chili peppers, green (canned) ½ C		•
Chili peppers, green (raw) 1 pepper		•
Collard greens (cooked)		•
Corn (canned) ½ C		•
Corn (frozen) ½ C	•••	•
Corn (creamstyle, canned) ½ C	•••	•
Edamame (soybeans) (raw) ½ C		
Eggplant (cooked) ½ C	•	•
Falafel (1, 2 ¼" diameter pattie)	••	•
Garbanzo beans (canned) 1 C		

Green onions ½ C	••	•
Green beans (fresh, cooked)		•
Green beans (canned) ½ C	•	•
Hearts of palm (canned) ½ C		•

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Food Value Chart: Vegetables & Legumes (continued)

Vegetable	Serving	Sodium	Potassium	Phosphorus
Hominy (canned)	1 C		•	•
Hummus	1 tbsp	•	•	•
Kale (cooked)	½ C		••	
Kidney beans (canned)	1 C			
Leeks (cooked)	1 leek		••	•
Lentils (cooked)	1 C			
Mushrooms (canned)	½ C		••	•
Mushrooms (common white, raw)	½ C	•	••	•
Mustard greens (cooked)	½ C	•	••	•
Nopales (cooked)	1 C	•	*****	•
Okra (cooked)	8 pods	•	••	•
Onions (raw)	½ C	•	•••	•
Peas (canned)	½ C		••	•
Peas (frozen)	½ C	•	••	•
Pinto beans (canned)	1 C			
Potato (baked, with skin)	1 medium	•		
Potato (baked, no skin)	1 medium	•		
Potatoes (mashed, homemade)	½ C			•
Pumpkin (canned)	½ C	•	••••	•
Radish (red, raw)	½ C sliced	•	••	•
Refried beans (canned)	1 C	*******		****
Romaine lettuce	1 C	•	••	•
Sauerkraut (canned)	1/4 C	••••	•	•
Shitake mushrooms (cooked)	4	•	•	•
Spaghetti squash (cooked)	1 C	•		•
Spinach (canned)	½ C	•		•
Spinach (fresh)	½ C	•		•
Summer squash (cooked)	½ C sliced	•		•
Summer squash (raw)	½ C sliced	•	••	•
Sweet potato (baked, with skin)	1 medium	•		•
Sweet potato (mashed, homemade)	½ C	•		•
Swiss chard (cooked)	½ C			•
Tempeh (cooked)	3.5 oz	•		
Tofu (raw, regular)	3 oz	•	••	••
Tofu (raw, firm)	3 oz	•	••••	
Tomatillo (raw)	1 medium	•	•	
Tomato (red, raw)	1	•	••	•
Water chestnuts (canned)	½ C sliced	•	•	•
Zucchini (cooked)	½ C	•	••••	•
Zucchini (raw)	½ C	•	••	•



Module 9 – **Nutrition and Fluids**

Food Value Chart: Fruits (Note: Each symbol (•) = about 60 mg)

Fruit	Serving	Sodium	Potassium	Phosphorus
Apple (fresh)	1	•		•
Applesauce (unsweetened)	½ C	•		•
Apricot (fresh)	1	•	••	•
Apricot (canned in light syrup)	½ C halves	•		•
Banana (fresh)	1 medium	•		•
Blackberries (fresh)	½ C	•		•
Blueberries (fresh or frozen)	1 C	•	••	•
Cantaloupe (fresh)	1 C	•		•
Casaba melon (fresh)	1 C	•	****	•
Cherries, sour (fresh)	1 C	•		•
Cherries, sour (canned in water)	½ C	•	••	•
Cherries, sweet (fresh)	1 C	•	****	•
Cherries, sweet (canned in water)	½ C	•		•
Cranberry sauce (jellied, canned)	½" slice	•	•	•
Currants (dried)	½ C	•		
Dates (dried)	8	•		-
Figs (dried)	1	•		•
Fruit cocktails (canned in water)	½ C	•		•
Grapefruit (fresh)	½ medium	•	***	•
Grapes (fresh, seedless)	1 C	•		•
Honeydew melon (fresh)	1 C	•		•
Kiwi (fresh)	1 medium	•		•
Lemon (fresh)	1 medium	•	•	•



Food Value Chart: Fruits (continued)

Fruit	Serving	Sodium	Potassium	Phosphorus
Lime (fresh)	1 medium	•	•	•
Mandarin oranges (canned in light syrup)	½ C	•		•
Mango (fresh)	1 medium	•		•
Nectarine (fresh)	1 medium	•	•••	•
Orange, navel (fresh)	1 medium	•		•
Papaya (fresh)	1 medium	•		•
Passion fruit (fresh)	1 medium	•		•
Peach (fresh)	1 medium	•		•
Peaches (canned in water)	1 C	•		•
Pear (fresh)	1 medium	•		•
Pears (canned in water)	1 C halves	•	••	•
Pineapple (fresh)	1 C	•		•
Pineapple (canned in juice)	1 C	•		•
Plantain (cooked)	1 C slices	•		•
Plum (fresh)	1 medium	•	••	•
Prickly pear (fresh)	1 medium	•		•
Prunes (dried)	2	•	••	•
Raisins (seeded)	½ C	•		•
Raspberries (fresh)	1 C	•	•••	•
Strawberries (fresh or frozen)	1 C	•	****	•
Tangerine (fresh)	1 medium	•	••	•
Watermelon (fresh)	1 C	•		

Source: Bowes & Church's Food Values of Portions Commonly Used (19th Edition) by Jean A. T. Pennington and Judith Spungen, 2010.