

The Healthiest Vegetables? Beets Us

We came up with a “Score” for each vegetable by adding up its percent of the USRDA for six nutrients plus fiber. There is no USRDA for fiber, so we made up our own (NAHRDA?) of 25 grams.

Vegetable <i>(1/2 cup cooked, unless noted)</i>	Score
Sweet potato, no skin (1)	582
Carrot, raw (1)	434
Carrots	408
Spinach	241
Collard greens, frozen	181
Red pepper, raw (1/2)	166
Kale	161
Dandelion greens	156
Spinach, raw (1 cup)	152
Broccoli	145
Brussel sprouts	128
Broccoli, frozen	127
Potato, baked, w/skin (1)	114
Mixed vegetables, frozen	111
Winter squash	110
Swiss chard	105
Broccoli, raw	100
Snow peas	90
Mustard greens	85
Kohirabi	82
Romaine lettuce (1 cup)	78
Cauliflower	77
Cauliflower, raw	77
Asparagus	75
Green peppers, raw (1/2)	67
Potato, baked, no skin (1)	67
Parsley, raw (1/4 cup)	66
Green peas, frozen	64
Avocado, California (1/2)	63

Vegetable <i>(1/2 cup cooked, unless noted)</i>	Score
Okra	61
Collard greens	57
Endive, raw (1 cup)	56
Parsnips	53
Rutabaga	48
Cabbage	47
Artichoke (1/2)	46
Mushrooms	43
Cabbage, raw	39
Corn	39
Boston lettuce, raw (1 cup)	38
Green beans	37
Tomato, raw (1/2)	37
Beets	32
Summer squash	31
Onions	27
Green beans, canned	26
Turnips	26
Lettuce, leaf (1 cup)	25
Corn, frozen	23
Lettuce, iceberg (1 cup)	22
Radishes, raw (1/4 cup)	17
Celery, raw (1 stalk)	14
Onions, raw (1/4 cup)	14
Eggplant	12
Alfalfa sprouts (1/2 cup)	11
Cucumber, raw	11
Mushrooms, raw	10
Garlic, raw (1 clove)	3

