



BILL *opticians*

Optometrists • Contact Lens Practitioners

TABLE OF FOODS

Food	mg/serving
Kale (raw)	33.8/1 cup
Kale (cooked)	22.1/1 cup
Turnip Greens (cooked)	18.1/1 cup
Collard Greens (cooked)	17.2/1 cup
Spinach (fresh, raw)	15/1 cup
Spinach (cooked)	6.7/1 cup
Broccoli	3.4/1 cup
Corn (cooked)	2.9/1 cup
Green Peas (canned)	2.3/1 cup
Lettuce (Cos or Romaine)	2.3/1 cup
Lettuce (Iceberg)	0.6/1 cup
Brussels sprout (cooked)	2.3/1 cup
Corn (canned)	1.4/1 cup
Eggs (two)	0.5/2 medium
Green Beans	0.76/cup
Orange Juice	0.50/12oz
Oranges	0.49/2 medium
Papayas	0.45/2 medium