



Acceptable Food Sources for Vitamin C

Item	Amount	Cooking Methods/Comments
1. Citrus fruit sections, fresh or canned or a mixture of citrus fruits (mandarin orange 40% vit C) Fresh oranges, all varieties Tangerine, tangelo	1/2 cup 1/2 medium 1 each medium 1 each medium	Wash all fresh fruit in potable (cold running) water before serving. Chill all fruit, fresh or canned overnight or at least two hours before serving.
2. Citrus fruit juices (orange, tangerine, etc)	1/2 cup or 4 oz.	All fruit and vegetable juices must be 100% full strength juices to meet nutrient requirement and to be approved as a fruit/vegetable serving in the meal pattern. Chill all juices before serving.
3. Blended citrus juices	1/2 cup or 4 oz.	Specify mixture of juices on menus (ex. orange juices)
4. Non-citrus fruit juices (apple, cherry, grape, prune, pineapple, raspberry, etc)	1/2 cup or 4 oz.	Label must state "100% vitamin C enriched" and provide 20 mg or more of vitamin C per serving
5. Blended non-citrus fruit juices enriched with vitamin C	1/2 cup or 4 oz.	Specify mixture of juices on menu (ex. cran-apple juice enriched with vitamin C). Label must state "vitamin C enriched" on all non-citrus juices. Do not use or mix cranberry juice cocktail.
6. Kiwifruit	1 medium	
7. Melon, Honey Dew	1/8 medium or 1 cup	
8. Strawberries Raw Frozen (unsweetened)	4-5 medium 1/2 cup	
9. Asparagus Fresh or frozen Canned	5 spears 1/2 cup	Cook in small amount of water, closer to serving time. Reheat to 165°F
10. Brussels sprouts	1/2 cup	Cook in small amount of water, close to serving time
11. Green cabbage Cooked (leaf, wedge, chopped, shredded) Raw, shredded	1/2 cup 1/2 cup	Cook in small amount of water, close to serving time. Prepare according to recipe
12. Red Cabbage Cooked (leaf, wedge, chopped, shredded) Raw, shredded	1/2 cup 1/2 cup	Cook in small amount of water, close to serving time. Prepare according to recipe



NUTRITION UNIT
NYC DEPARTMENT FOR THE AGING

13. Chinese cabbage (Bokchoy) Shredded, cooked, drained	1/2 cup	Cook in small amount of water, close to serving time
14. Cauliflower, cooked, drained	1/2 cup	Cook in small amount of water, close to serving time
15. Pepper, green, red, or yellow and, raw and or frozen	1 medium or 1/2 cup	Raw, baked or cook in small amount of water. Any half cup of vegetable containing at least 1/4 cup of green peppers provides adequate vitamin C
16. Potato, white in skin	1 medium or 1/2 cup	Baked or cook in small amount of water. Do not cut prior to cooking
17. Rutabaga (yellow turnips) cubed or diced	1/2 cup	Cook in small amount of water, close to serving time
18. Tomato, raw Canned	1 medium or 1/2 cup 1/2 cup	Baked or stewed Reheat to 165°F



Acceptable Food Sources for Vitamin A

Item	Amount	Cooking Methods/Comments
1. Apricots Fresh Canned (natural juice or light syrup)	2 medium 4 halves	
2. Carrots Raw (carrot raisin salad) Cooked (fresh, frozen) Canned	1/2 cup 1/2 cup 1/2 cup	Cook in small amount of water, close to serving time. Reheat to 165°F
3. Swisschard	1/2 cup	Cook in small amount of water, close to serving time
4. Escarole	1/2 cup	Cook in small amount of water, close to serving time
5. Pumpkin Canned Fresh	1/2 cup 1/2 cup	
6. Squash, butternut or Hubbard, fresh Squash, butternut or Hubbard	1/2 cup 1/2 cup equivalent	Cook in small amount of water, close to serving time. Cut into portion sizes and bake in skin
7. Sweet potato without skin Canned Fresh Frozen	1/2 cup 1/2 cup 1/2 cup	Reheat to 165°F Bake or cook in small amount of water, close to serving time Cook in small amount of water, close to serving time
8. Spinach	1/2 cup	Cook in small amount of water, close to serving time
<u>Combinations: (minimum amount of carrots/serving 1/4 cup)</u>	1/2 cup	
9. Carrots, peas and snow peas (frozen)		Cook in small amount of water, close to serving time
10. Carrots, peas and pearl onions (frozen)	1/2 cup	Cook in small amount of water, close to serving time
11. Mixed vegetables (frozen)	1/2 cup	Cook in small amount of water, close to serving time
12. Peas and carrots Frozen Canned	1/2 cup 1/2 cup	Cook in small amount of water, close to serving time. Reheat to 165°F



Acceptable Food Sources for Both Vitamin A & C

Item	Amount	Cooking Methods/Comments
1. Canteloupe	1/4 small or 1/6 medium	
2. Mango, ripe	1/2 cup or 1/2 medium	
3. Papaya, ripe	1/2 cup	
4. Sweet potato in skin, cooked	1 medium or 1/2 cup	Do not cut prior to cooking. Bake or cook in small amount of water, close to serving time
5. Greens (collard, kale, mustard, turnip)	1/2 cup	Cook in small amount of water until tender
6. Broccoli	1/2 cup	Cook in small amount of water, close to serving time
<u>Combinations</u>	1/2 cup	
7. Broccoli, carrot and cauliflower		Cook in small amount of water, close to serving time
8. Broccoli and carrot	1/2 cup	Cook in small amount of water, close to serving time
9. Broccoli and cauliflower	1/2 cup	Cook in small amount of water, close to serving time
10. Broccoli, cauliflower and water chestnut (frozen)	1/2 cup	Cook in small amount of water, close to serving time