

Revision

technical assistance memo

82-TAM-III-B-7

NO: 82-TAM-III-C-7

NEW YORK STATE OFFICE FOR THE AGING

Empire State Plaza, Albany, NY 12223 • 2 World Trade Center, N.Y., NY 10047

September 23, 1982

SUBJECT: Vitamin Checklist

TO: Area Agency on Aging Directors

To assist in menu planning, a revised vitamins A and C checklist is provided here. This list can be used when one hot meal is planned using the standard meal pattern on the Project Menu Plan. Selections should be made to ensure that the current 1980 Recommended Daily Allowances are met. This meal plan, however, does not ensure that all menus will meet nutritional requirements. Refer to the Home Delivered Nutrition Services Guidelines Section VI "Nutritional Requirements" for specific instructions.

Listed are those items that provide at least one-third the RDA for vitamins A and/or C based on Agriculture Handbook No. 456 in a 1/2 cup serving, except where noted.

1. Providing Source of both Vitamin A & C

Broccoli	A-2405 iu	13NU*	C-52mg	26NU	(486c)**
Collards	A-7410 iu	41NU	C-72mg	36NU	(807a)
Mustard Greens	A-4060 iu	23NU	C-33mg	17NU	(1367a)
Sweet Potato (not Yams)	A-9945 iu	56NU	C-18mg	9NU	(2254d)
Spinach	A-7695 iu	43NU	C-26mg	13NU	(2180c)
Cantaloupe	A-2720 iu	15NU	C-26mg	13NU	(1358c)
Liver (3 oz.)	A-27800 iu	155NU	C-31mg	16NU	(1269a)
Kale	A-5330 iu	30NU	C-25mg	13NU	(1158c)

2. Providing Source of Vitamin C

Asparagus	C-18mg	9NU	(48e)
Brussel Sprouts	C-63mg	32NU	(492c)
Cabbage	C-21mg	11NU	(512c)
Cauliflower	C-37mg	19NU	(633c)
Green Pepper	C-51mg	26NU	(1545d)
Potato in Skin (1 200gm baked)	C-31mg	16NU	(1786a)
Tomato (1 fresh 100gm)	C-21mg	11NU	(2282c)
Tomato Juice	C-20mg	10NU	(2288d)
Orange Juice	C-50mg	25NU	(1432c)
Rutabagas	C-31mg	16NU	(1920b)
Turnips	C-26mg	13NU	(2353b)
Strawberries (Fresh)	C-44mg	22NU	(2217c)
Orange (1 fresh, 190gm)	C-63mg	32NU	(1423a)
Grapefruit (1/2 fresh, 184gm)	C-37mg	19NU	(1055b)
Grapefruit Juice	C-47mg	24NU	(1061a)
Tangerine (1 fresh, 116gm)	C-27mg	14NU	(2262b)

3. Providing Source of Vitamin A

Carrots	A-12300 iu	69NU			(621c)
Chard	A-4725 iu	26NU	C-14mg	7NU	(640b)
Pumpkin	A-7840 iu	44NU			(1832d)
Winter Squash	A-4680 iu	26NU	C-10mg	5NU	(2214a)
Mixed Vegetables (frozen)	A-4505 iu	25NU			(2404c)
Apricots	A-2250 iu	13NU			(32d)
Swiss Chard	A-3915 iu	22NU			(640a)

* Nutrient Units for the Nutrient Standard Method
 ** Handbook No. 456 reference number

FYI: Nutrition Program for the Elderly Directors
 Consulting Dietitians

