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Less than 200mg per 1 cup leafy greens or 1/2 cup fresh, cooked, or canned vegetable (unless otherwise listed)

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	Alfalfa sprouts		Cauliflower		Jicama/yambean		Radish
	Asparagus		Celery		Kale		Rhubarb
	Bamboo shoots (canned)		Corn (1/2 cup)		Lettuce: all types		Spinach (raw)
	Bean sprouts		Cucumber		Mushrooms (raw or canned)		Spaghetti squash
	Beets (canned)		Eggplant		Okra		Cherry tomatoes
	Broccoli		Garbanzo beans/ chickpeas (canned)		Onion or leek		Turnip
	Cabbage		Green or wax beans		Peas: green, sugar snap, or snow peas		Yellow summer squash
	Carrots		Greens: collard, mustard, or turnip		Peppers: green, red, or yellow		Water chestnuts (canned)

Foods listed are based on USDA Nutrient Database averages.

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