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

	Acorn squash		Edamame		Tomato
	Artichoke		Hubbard squash		Tomato sauce or tomato paste
	Beans: such as black, kidney, pinto, or white beans		Kohlrabi		Yams
	Beet greens		Lentils		Zucchini
	Brussel sprouts		Parsnips		
	Butternut squash		Potatoes		
	Chard (cooked)		Pumpkin	<u>Juices (1/2 cup)</u>	
	Chinese cabbage (cooked)		Rutabaga		Carrot
	Corn (1 ear)		Spinach (cooked)		Tomato
			Sweet potatoes		Vegetable