

# Nutrition Information for Lettuce and Leafy Greens

According to the 2015-2020 Dietary Guidelines for Americans, 2 cups of raw leafy greens can be considered 1 cup from the Vegetable Group.

## 1 CUP PORTIONS



		Arugula	Butter Leaf	Green Leaf	Iceberg	Red Leaf	Romaine	Spinach	Spring Mix*
Weight of <b>1 cup shredded or 1 cup small leaves</b>	g	20	55	36	72	28	47	30	25
Water content	g	18	53	34	69	27	44	27	23
<b>Percent water by weight</b>		92%	96%	95%	96%	96%	95%	91%	92%
Calories	kcal	5	7	5	10	4	8	7	5
<b>Total Fat</b>	g	0	0	0	0	0	0	0	0
Saturated Fat	g	0	0	0	0	0	0	0	0
<i>Trans</i> Fat	g	0	0	0	0	0	0	0	0
<b>Cholesterol</b>	mg	0	0	0	0	0	0	0	0
<b>Sodium</b>	mg	5	3	10	7	7	4	24	9
<b>Total Carbohydrate</b>	g	<1	1	1	2	<1	2	1	1
Dietary Fiber	g	0.3	0.6	0.5	1	0.3	1	0.7	1
Total Sugars	g	0	0	0	1	0	0	0	0
<b>Protein</b>	g	0.5	0.7	0.5	0.7	0.4	0.6	0.9	0.7
Vitamin D	IU	0	0	0	0	0	0	0	0
Calcium	mg	32 (2.5*)	19 (1.5*)	13 (1*)	13 (1*)	9 (0.7*)	16 (1.2*)	30 (2.3*)	18 (1.4*)
Iron	mg	0.29 (1.6*)	0.68 (3.8*)	0.31 (1.7*)	0.3 (1.7*)	0.34 (1.9*)	0.46 (2.6*)	0.81 (4.5*)	0.32 (1.8*)
Potassium	mg	74 (1.6*)	131 (2.8*)	70 (1.5*)	102 (2.2*)	52 (1.1*)	116 (2.5*)	167 (3.6*)	85 (1.8*)
Magnesium	mg	9 (2.1*)	7 (1.7*)	5 (1.2*)	5 (1.2*)	3 (0.7*)	7 (1.7*)	24 (5.7*)	8 (1.9*)
Phosphorous	mg	10 (0.8*)	18 (1.4*)	10 (0.8*)	14 (1.1*)	8 (0.6*)	14 (1.1*)	15 (1.2*)	10 (0.8*)
Zinc	mg	0.09 (0.8*)	0.11 (1*)	0.06 (0.5*)	0.11 (1*)	0.06 (0.5*)	0.11 (0.5*)	0.16 (1.5*)	0.13 (1.2*)
Folate, DFE	µg	19 (4.8*)	40 (10*)	14 (3.5*)	21 (5.3*)	10 (2.5*)	64 (16*)	58 (14.5*)	26 (6.5*)
Vitamin A, IU	IU	475 (2.6*)	1822 (10.1*)	2666 (14.8*)	361 (2*)	2098 (11.7*)	4094 (22.7*)	2813 (15.6*)	354 (2*)
Vitamin C	mg	3 (3.3*)	2 (2.2*)	3.3 (3.7*)	2 (2.2*)	1 (1.1*)	1.9 (2.1*)	8.4 (9.3*)	3.7 (4.1*)
Vitamin K	µg	22 (18.3*)	56 (46.7*)	46 (38.3*)	17 (14.2*)	39 (32.5*)	48 (40*)	145 (120.8*)	62 (51.7*)

\*Percent of Daily Value (%DV)

Data Source: USDA National Nutrient Database for Standard Reference (Release 28)  
(Note that the USDA data for endive and escarole are identical.)

\*Data Source: Nutritionist Pro (version 7.0.0), Canadian Nutrient File

- Excellent source: 20% of DV or greater
- Good Source: 10 - 19% of DV
- Also provides: 5 - 9% of DV

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According to the 2015-2020 Dietary Guidelines for Americans, 2 cups of raw leafy greens can be considered 1 cup from the Vegetable Group.

## 1 CUP PORTIONS



Cabbage, Green

Cabbage, Red

Cabbage, Savoy

Chard

Endive

Escarole

Kale

		Cabbage, Green	Cabbage, Red	Cabbage, Savoy	Chard	Endive	Escarole	Kale
Weight of <b>1 cup shredded or 1 cup small leaves</b>	g	70	70	70	36	50	50	16
Water content	g	65	63	64	33	47	47	13
<b>Percent water by weight</b>		92%	90%	91%	93%	94%	94%	84%
Calories	kcal	18	22	19	7	9	9	8
<b>Total Fat</b>	g	0	0	0	0	0	0	0
Saturated Fat	g	0	0	0	0	0	0	0
Trans Fat	g	0	0	0	0	0	0	0
<b>Cholesterol</b>	mg	0	0	0	0	0	0	0
<b>Sodium</b>	mg	13	19	20	77	11	11	6
<b>Total Carbohydrate</b>	g	4	5	4	1	2	2	1
Dietary Fiber	g	1.8	1.5	2.2	0.6	1.6	1.6	0.6
Total Sugars	g	2	3	2	0	0	0	0
<b>Protein</b>	g	0.9	1	1.4	0.7	0.6	0.6	0.7
Vitamin D	IU	0	0	0	0	0	0	0
Calcium	mg	28 (2.2*)	32 (2.5*)	24 (1.8%)	18 (1.4*)	26 (2*)	26 (2*)	24 (1.8*)
Iron	mg	0.33 (1.8*)	0.56 (3.1*)	0.28 (1.6%)	0.65 (3.6*)	0.42 (2.3*)	0.42 (2.3*)	0.24 (1.3*)
Potassium	mg	119 (2.5*)	170 (3.6*)	161 (3.4%)	136 (2.9*)	157 (3.3*)	157 (3.3*)	79 (1.7*)
Magnesium	mg	8 (1.9*)	11 (2.6*)	20 (4.8%)	29 (6.9*)	8 (1.9*)	8 (1.9*)	8 (1.9*)
Phosphorous	mg	18 (1.4*)	21 (1.7*)	29 (2.3%)	17 (1.4*)	14 (1.1*)	14 (1.1*)	15 (1.2*)
Zinc	mg	0.13 (1.2*)	0.15 (1.4*)	0.19 (1.7%)	0.13 (1.2*)	0.4 (3.6*)	0.4 (3.6*)	0.09 (0.8*)
Folate, DFE	µg	30 (7.5*)	13 (3.3*)	56 (14%)	5 (1.3*)	71 (17.8*)	71 (17.8*)	23 (5.8*)
Vitamin A, IU	IU	69 (0.38*)	781 (4.3*)	700 (3.9%)	2202 (12.2*)	1084 (6*)	1084 (6*)	1598 (8.9*)
Vitamin C	mg	25.6 (28.4*)	39.9 (44.3*)	21.7 (24.1%)	10.8 (12*)	3.3 (3.7*)	3.3 (3.7*)	19.2 (21.3*)
Vitamin K	µg	53 (44.2*)	27 (22.5*)	48 (40%)	299 (249.2*)	116 (96.7*)	116 (96.7*)	113 (94.2*)

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