

VEGETABLES



Lettuces Iceberg
Good source of folate. Some vitamin C, vitamin A and dietary fibre.



Mushrooms Cultivated
Good source riboflavin, niacin and dietary fibre. Some vitamin B12.



Onions Brown, Red, White
Some vitamin C, vitamin B3, potassium and dietary fibre.



Onions White salad
Some vitamin C, niacin and calcium.



Onions Spring
Some vitamin A, vitamin C, folate, niacin and dietary fibre.



Parsley
Excellent source of vitamin A and vitamin C. Good source of iron.



Parsnips
Good source of vitamin C, folate and dietary fibre. Some potassium.



Peas
Excellent source vitamin C. Good source of protein, thiamine, niacin and dietary fibre.



Potatoes
Excellent source vitamin C. Good source of dietary fibre and complex carbohydrates. Some thiamine and niacin.



Pumpkins Kornt, Jap, Butternut
Excellent source of vitamin A. Good source of vitamin C. Some folate, potassium, niacin and dietary fibre.



Radishes
Good source vitamin C.



Rhubarb
Good source of dietary fibre, vitamin C. Some thiamine and niacin.



Shallots
Some dietary fibre, small quantities of vitamins. Low kilojoules.



Silverbeet
Excellent source vitamin C and vitamin A, folate and dietary fibre. Some calcium and iron.



Snowpeas
Excellent source of vitamin C and dietary fibre.



Spinach
Excellent source of vitamin C, vitamin A, and folate. Some dietary fibre, potassium, magnesium, calcium and iron.



Squash
Good source of vitamin C and dietary fibre. Some vitamin A and niacin.



Swedes
Good source of vitamin C and folate. Some niacin, potassium and dietary fibre.



Sweetcorn
Good source of dietary fibre, folate and phosphorus. Some vitamin C, thiamine and niacin.



Tomatoes
Good source of vitamin C, vitamin A, folate, and dietary fibre. Some niacin and potassium.



Tomatoes Cherry
Good source of vitamin C, vitamin A, folate, and dietary fibre. Some niacin and potassium.



Turnips
Good source of vitamin C and dietary fibre. Some niacin and potassium.



Watercress
Excellent source of vitamin A and vitamin C.



Witlof
Good source of vitamin C, folate and dietary fibre.



Zucchini/Courgettes
Good source of dietary fibre. Some folate and dietary fibre.

FRUITS



Lychees
Good source of vitamin C. Low in kilojoules.



Mandarins Honey Murcott
Excellent source of vitamin C. Good source of folate and dietary fibre.



Mandarins Imperial
Excellent source of vitamin A and vitamin C. Good source of folate and dietary fibre.



Mangoes
Excellent source of vitamin A and vitamin C. Good source of potassium and dietary fibre.



Nashi Pears
Some vitamin C and dietary fibre.



Nectarines
Good source of vitamin A and vitamin C. Some potassium and dietary fibre.



Oranges Navel
Excellent source of vitamin C. Good source of folate and dietary fibre.



Oranges Valencia
Excellent source of vitamin C. Good source of folate and dietary fibre.



Passionfruit
Excellent source of vitamin C. Good source of vitamin E and dietary fibre. Some niacin.



Papaws
Excellent source of vitamin A and vitamin C. Good source of dietary fibre.



Peaches White
Some vitamin A and vitamin C.



Peaches Yellow
Good source of vitamin A and vitamin E. Some vitamin C, potassium and dietary fibre.



Pears Beurre Bosc
Some vitamin C and dietary fibre.



Pears Corella
Some vitamin C and dietary fibre.



Pears Packham
Some vitamin C and dietary fibre.



Pears Williams/Bartlett
Some vitamin C and dietary fibre.



Persimmons
Excellent source of vitamin A. Good source of vitamin C, vitamin E and dietary fibre.



Pineapples
Good source of vitamin C, folate and potassium.



Plums
Good source of dietary fibre. Some vitamin C and vitamin E.



Quinces
Some vitamin C, vitamin E, dietary fibre and potassium.



Raspberries
Excellent source of vitamin C, folate and dietary fibre.



Strawberries
Excellent source of vitamin C. Good source of dietary fibre and folate.



Tamarillos
Good source of vitamin C and dietary fibre.



Walnuts
Has protein, folate, vitamin E, potassium, phosphorus, calcium, magnesium and dietary fibre.



Watermelons
Good source of vitamin A.

FRUITS



Apples Royal Gala
Good source of dietary fibre, some vitamin C and potassium.



Apples Jonathan
Good source of dietary fibre, some vitamin C and potassium.



Apples Golden Delicious
Good source of dietary fibre, some vitamin C and potassium.



Apples Red Delicious
Good source of dietary fibre, some vitamin C and potassium.



Apples Granny Smith
Good source of dietary fibre, some vitamin C and potassium.



Apples Fuji
Good source of dietary fibre, some vitamin C and potassium.



Apples Braeburn
Good source of dietary fibre, some vitamin C and potassium.



Apples Pink Lady
Good source of dietary fibre, some vitamin C and potassium.



Apples Sundowner
Good source of dietary fibre, some vitamin C and potassium.



Apples Lady William
Good source of dietary fibre, some vitamin C and potassium.



Apricots
Good source of dietary fibre, vitamin A and vitamin E. Some vitamin C.



Avocados
Good sources of vitamin C, vitamin E, niacin and potassium. Contains mono-unsaturated fats.



Bananas
Some vitamin C, folate, vitamin B6, dietary fibre and potassium.



Blackberries
Good source of vitamin C, folate, dietary fibre and potassium.



Blueberries
Excellent source of dietary fibre. Some vitamin A and vitamin C.



Cantaloupes/Rockmelons
Excellent source of vitamin A, vitamin C and potassium.



Cherries
Some vitamin A, vitamin C and dietary fibre.



Chestnuts
Excellent source of folate and vitamin C.



Custard Apples
Good source of vitamin C, potassium and dietary fibre.



Figs
Good source of dietary fibre. Some potassium and calcium.



Grapfruit
Excellent source of vitamin C. Some potassium.



Grapes Flame Seedless
Good source dietary fibre. Some of vitamins C, B6 and E.



Grapes Merindoo Seedless
Good source of dietary fibre. Some of vitamins C, B6 and E.



Grapes Red Globe
Good source dietary fibre. Some of vitamins C, B6 and E.



Grapes Thomson Seedless
Good source dietary fibre. Some of vitamins C, B6 and E.



Grapes Black Supreme
Good source dietary fibre. Some of vitamins C, B6 and E.



Honeydew Melons
Good source of vitamin C and potassium.



Kiwifruit
Excellent source of vitamin C. Good source of folate, vitamin E and dietary fibre.



Lemons
Excellent source of vitamin C.



Limes
Excellent source of vitamin C.

VEGETABLES



Artichokes Globe
Good source dietary fibre. Some vitamin C, thiamine, folate, calcium, and potassium.



Asparagus
Good source of folate. Some vitamin C, vitamin E, thiamine, niacin and dietary fibre.



Beans Broad
Good source of vitamin A and vitamin C and dietary fibre. Some protein, iron, potassium and thiamine.



Beans Green
Good source folate, vitamin C and dietary fibre.



Beanshoots
Good source of dietary fibre and vitamin C.



Beetroot/Baby Beetroot
Good source of folate, dietary fibre, potassium. Some vitamin C.



Bok Choy Shanghai Cabbage
Excellent source of vitamin A, vitamin C and folate.



Broccoli
Excellent source of vitamin A, vitamin C and folate. Some thiamine, riboflavin and niacin and vitamin E.



Brussel Sprouts
Excellent source of vitamin C and folate. Some vitamin E, niacin and potassium.



Cabbages
Excellent source of vitamin C and dietary fibre. Good source of folate.



Cabbages Chinese/Worm Bok
Excellent source of dietary fibre, folate, vitamin C and vitamin A.



Cabbages Red
Excellent source of vitamin C and dietary fibre. Some folate and potassium.



Capsicums
Excellent source of vitamin C. Good source vitamin A. Some vitamin E and vitamin B6.



Carrots
Excellent source of vitamin A. Good source dietary fibre. Some vitamin C.



Carrots Dutch
Excellent source of vitamin A. Good source dietary fibre. Some vitamin C.



Cauliflowers
Excellent source of vitamin C. Good source dietary fibre. Some folate and potassium.



Chillies
Excellent source of vitamin C and vitamin A.



Celery
Some dietary fibre, small quantities of vitamins. Low kilojoules.



Cucumbers Green
Continental, Lebanese
Some vitamin C. Low kilojoules.



Eggplants/Aubergines
Good source dietary fibre, small quantities of vitamins.



Endive
Good source of vitamin C, folate, and dietary fibre. Some vitamin A and potassium.



Fennel/Baby Fennel
Good source of vitamin C, folate and dietary fibre. Some iron.



Garlic
Contain compounds that can help reduce cholesterol.



Herbs Basil, Chives, Coriander, Dill, Mint, Sage, Oregano, Rosemary and Thyme
Good sources of vitamin A, vitamin C and folate.



Leeks
Good source vitamin C, folate and dietary fibre. Some vitamin A.