

Nutrition Information for 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*

	g	20	55	36	72	28	47	30	25
Weight of 1 cup shredded or 1 cup small leaves									
Water content	g	18	53	34	69	27	44	27	23
Percent water by weight		92%	96%	95%	96%	96%	95%	91%	92%
Calories	kcal	5	7	5	10	4	8	7	5
Total Fat	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
Cholesterol	mg	0	0	0	0	0	0	0	0
Sodium	mg	5	3	10	7	7	4	24	9
Total Carbohydrate	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
Protein	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	19	13	13	9	16	30	18
Iron	mg	0.29	0.68	0.31	0.3	0.34	0.46	0.81	0.32
Potassium	mg	74	131	70	102	52	116	167	85
Magnesium	mg	9	7	5	5	3	7	24	8
Phosphorous	mg	10	18	10	14	8	14	15	10
Zinc	mg	0.09	0.11	0.06	0.11	0.06	0.11	0.16	0.13
Folate, DFE	µg	19	40	14	21	10	64	58	26
Vitamin A, IU	IU	475	1822	2666	361	2098	4094	2813	354
Vitamin C	mg	3	2	3.3	2	1	1.9	8.4	3.7
Vitamin K	µg	22	56	46	17	39	48	145	62

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



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1 CUP PORTIONS



Cabbage, Green



Cabbage, Red



Cabbage, Savoy



Chard



Endive



Escarole



Kale

	g	70	70	70	36	50	50	16
Weight of 1 cup shredded or 1 cup small leaves	g	70	70	70	36	50	50	16
Water content	g	65	63	64	33	47	47	13
Percent water by weight		92%	90%	91%	93%	94%	94%	84%
Calories	kcal	18	22	19	7	9	9	8
Total Fat	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
Cholesterol	mg	0	0	0	0	0	0	0
Sodium	mg	13	19	20	77	11	11	6
Total Carbohydrate	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
Protein	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	32	24	18	26	26	24
Iron	mg	0.33	0.56	0.28	0.65	0.42	0.42	0.24
Potassium	mg	119	170	161	136	157	157	79
Magnesium	mg	8	11	20	29	8	8	8
Phosphorous	mg	18	21	29	17	14	14	15
Zinc	mg	0.13	0.15	0.19	0.13	0.4	0.4	0.09
Folate, DFE	µg	30	13	56	5	71	71	23
Vitamin A, IU	IU	69	781	700	2202	1084	1084	1598
Vitamin C	mg	25.6	39.9	21.7	10.8	3.3	3.3	19.2
Vitamin K	µg	53	27	48	299	116	116	113

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