

# 10 FOR 10

10 choices for 10 important nutrients

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## Vitamin A /Day

(Beta-carotene) For vision, bone growth, and the immune system

	IU*
Carrot juice, 1/2 cup	22,567
Carrots, 1/2 cup cooked	13,418
Spinach, 1/2 cup cooked	11,458
Kale, 1/2 cup cooked	9,558
Vegetable soup, 1 cup	5,820
Cantaloupe, 1 cup	5,411
Apricots, 1/2 cup	2,063
Papaya, 1 cup	1,532
Mango, 1 cup	1,262
Tomato juice, 6 oz	819

## Vitamin D /Day

Essential for bone health; being studied for role in heart health and control of blood sugar levels

	IU*
Salmon, 3 oz cooked	794
Mackerel, 3 oz	388
Tuna, 3 oz	154
Beef liver, 3.5 oz	46
Sardines, 2 canned in oil	46
Egg, 1 whole	25
Cheese, Swiss, 1 oz	6
Cod liver oil, 1 Tbsp	1,360
Fortified milk, non/low fat, 1 cup	115-124
Orange juice, yogurt, cereal, and other fortified foods	(check labels)

## Sterols /Day

Needed to help block absorption of dietary cholesterol

	mg
Wheat germ, 1/2 cup	237
Sesame seeds, 1 oz	113
Corn oil, 1 Tbsp	102
Canola oil, 1 Tbsp	92
Pistachios, 1 oz	79
Almonds, 1 oz	56
Brussels sprouts, 1/2 cup	34
Cauliflower, 1/2 cup	25
Olive oil, 1 Tbsp	22
Smart Balance™ HeartRight™ Fat Free Milk and Omega-3s, Vitamin E & Natural Plant Sterols, 1 cup	400†

## Omega-3 Fats /Day

Needed for heart, eye, and brain health, and anti-inflammatory functions

	g
Flax seed oil, 1 Tbsp	6.9
Walnuts, 1 oz	2.6
Salmon, 4 oz canned	2.2
Swordfish, bluefish, 4 oz cooked	1.7
Canola, walnut oil, 1 Tbsp	~1.4
Smart Balance® Omega Blend Oil, 1 Tbsp	1.14†
Soybeans, 1 cup cooked	1.0
Scallops, 4 oz	0.50
Smart Balance® Omega-3 Buttery Spread, 1 Tbsp	0.34†
Smart Balance™ Fat Free Milk and Omega-3s & Vitamin E, 1 cup	0.03†

## Vitamin E /Day

Antioxidant involved in heart, eye, and brain functions

	mg
Smart Balance™ Fat Free Milk and Antioxidant Vitamins C & E, 1 cup	50†
Wheat germ oil, 1 Tbsp	20
Almonds, 1 oz	7
Sunflower seeds, 1 oz	6
Sunflower oil, 1 Tbsp	6
Safflower oil, 1 Tbsp	5
Hazelnuts, 1 oz	4
Spinach, 1/2 cup cooked	2
Olive oil, 1 Tbsp	2
Mango, 1 cup	~2

## Calcium /Day

Needed for bone health and blood pressure regulation

	mg
Yogurt, plain low fat, 8 oz	415
Sardines, 3 oz canned in oil	324
Cheddar cheese, 1.5 oz	306
Smart Balance™ Fat Free Milk and Omega-3s & Vitamin E, 1 cup†	360†
Mozzarella cheese, 1.5 oz part-skim	275
Almonds, 1/2 cup	189
Salmon, 3 oz canned, with bone	181
1% Cottage cheese, 1 cup	138
Spinach, 1/2 cup cooked	120
Orange juice and other fortified foods	(check labels)

## Fiber /Day

Supports heart health and blood glucose levels

	g
Navy beans, 1/2 cup cooked	9.5
Bran cereal, 1/2 cup	8.8
Kidney beans, 1/2 cup	8.2
Split peas, 1/2 cup cooked	8.1
Lentils, Pinto beans, 1/2 cup cooked	~7.8
Black beans, 1/2 cup cooked	7.5
Artichoke, 1 medium	6.5
Chickpeas, 1/2 cup cooked	6.2
Soybeans, 1/2 cup cooked	5.2
Smart Balance® Smart 'N Healthy™ Microwave Popcorn, 5 cups	5.0†

## Vitamin C /Day

Antioxidant needed to help the immune system and arterial walls

	mg
Red pepper, 1/2 cup	95
Kiwi, 1 medium	71
Orange, 1 medium	70
Broccoli, 1/2 cup cooked	51
Strawberries, 1/2 cup	49
Grapefruit, 1/2 medium	39
Tomato juice, 3/4 cup	33
Cantaloupe, 1/2 cup	29
Romaine lettuce, 2 cups	23
Smart Balance™ Fat Free Milk and Antioxidant Vitamins C & E, 1 cup	12†

## Magnesium /Day

Needed to maintain health of bone, muscle, and other body cells; supports healthy blood pressure

	mg
Pumpkin seeds, 1 oz roasted	156
Halibut, 3 oz	90
Almonds, cashews, 1 oz	~80
Soybeans, 1/2 cup cooked	75
Spinach, 1/2 cup cooked	75
Shredded wheat cereal, 2 biscuits	55
Peanuts, 1 oz	50
Whole wheat bread, 2 slices	50
Wheat bran, 2 Tbsp	45
Rice, brown, 1/2 cup	40

## Monounsaturated Fats /Day

Needed for heart health and other body cell functions

	g
Macadamia nuts, 1 oz	17.1
Pecans, 1 oz	12.6
Smart Balance® Peanut Butter and Omega-3 from Flax Oil, 2 Tbsp	12.0†
Almonds, 1 oz	10.4
Olive oil, 1 Tbsp	10.0
Cashews, 1 oz	8.1
Canola oil, 1 Tbsp	8.0
Peanuts, 1 oz	7.0
Sesame seeds, 1 oz	5.9
Smart Balance® Buttery Spread, 1 Tbsp	3.0†

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\* The International Unit (IU) is a standard number used when the amounts are extremely small.

† Other brands may vary.

‡ Whole milk has 291mg of calcium/cup.