| Table A<br>Nutrient Comparisons – Selected Raw and Frozen Vegetables and Fruits | | |
|---|---|---|
| **Nutrient** | **Raw** | **Frozen** |
| **Broccoli** | | |
| Dietary Fiber | 5 grams or 20% | 2 grams or 8% |
| Protein | 5 grams | 1 gram |
| Calcium | 6% | 2% |
| Iron | 6% | 0% |
| Vitamin A | 15% | 2% |
| Vitamin C | 220% | 50% |
| Calories | 45 | 20 |
| Sodium | 55 milligrams or 2% | 20 milligrams or 1% |
| **Carrots** | | |
| Vitamin A | 270% | 60% |
| Vitamin C | 10% | 2% |
| **Onions** | | |
| Dietary Fiber | 3 grams or 12% | 〈1 gram or 4% |
| Calcium | 4% | 0% |
| Vitamin C | 20% | 0% |
| Carbohydrate | 14 grams or 5% | 6 grams or 2% |
| Calories | 60 | 30 |
| Sugars | 9 grams | 3 grams |
| **Summer Squash** | | |
| Calcium | 2% | 0% |
| Iron | 2% | 0% |
| Vitamin A – Yellow | -------- | 0% |
| Vitamin A – Zucchini | 6% | 2% |
| Vitamin C | 30% | 0% |
| **Strawberry** | | |
| Dietary Fiber | 4 grams or 16% | 〈1 gram or 3% |
| Iron | 4% | 0% |
| Vitamin C | 160% | 45% |