







FOODS CONTAINING ANTIOXIDANT VITAMINS

SOURCES OF VITAMIN A (RETINOL EQUIVALENTS)		SOURCES OF VITAMIN C		SOURCES OF VITAMIN E	
Food	Vitamin A	Food	Vitamin C	Food	Vitamin E
3-4 carrots	2296 µg	1 raw pepper	166 mg	3 tablespoons sunflower seeds	10,6 mg
2 small sweet potatoes	1310 µg	2 kiwis	128 mg	20-25 almonds	7,8 mg
Half a plate of squash	1198 µg	1 bowl of rocket leaves	88 mg	20-25 hazelnuts	7,5 mg
Half a plate of watercress	840 µg	3 clementines	81 mg	Half an avocado	6,4 mg
3-4 apricots	540 µg	15 strawberries	81 mg	Half a plate of chicory	4,5 mg
Half a plate of Catalogna chicory	438 µg	1 orange	75 mg	20 prawns	4,3 mg
3-4 celery stalks	414 µg	½ plate of raw broccoli	54 mg	A tub of blackberries	3,6 mg
A persimmon (Sharon fruit)	356 µg	1 plate of raw red cabbage	52 mg	4-5 chestnuts	2,3 mg
One ricotta from cow's milk	200 µg	1 packet of redcurrants	50 mg	A tablespoon of extra virgin olive oil	2,1 mg
One egg	113 µg	1 bowl of lettuce	47 mg	About ten olives	1 mg
Recommended daily intake of VITAMIN A (retinol equivalents) for the adult population		Recommended daily intake of VITAMIN C for the adult population		Recommended daily intake of VITAMIN E for the adult population	
					
600 µg	700 µg	85 mg	105 mg	12 mg	13 mg