Supplemental Table 2. Vitamin A and vitamin C content of 100g portions of fruits and vegetables, according to INCAP1 and USDA2 food composition tables.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Food groups** | **Spanish Name** | **English Name** | **Vitamin C (mg/100g)** | | **Vitamin A (RAE/100g)** | |
| **INCAP** | **USDA** | **INCAP** | **USDA** |
| Starchy staples | *Otoe* | Yautia – *Xanthosoma spp.* | 5 | 5.2 | 1 | 0 |
| *Ñame* | Yam – *Dioscorea* spp. | 12 | 12.1 | 6 | 6 |
| *Ñampí* | Taro | 5 | 5 | 4 | 4 |
| *Plátano* | Plantain | 18 | 10.9 | 56 | 45 |
| *Camote* | Pale-fleshed sweet potato – *Colocasia esculenta* | 23 | NF4 | 26 | NF |
| Vitamin A-rich dark green leafy vegetables | *Culantro* | Cilantro | 75 | 27.0 | 337 | 337 |
| *Cebollina* | Chives | 22 | 13.4 | 390 | 200 |
| Vitamin A-rich orange fleshed vegetables | *Zapallo* | Pumpkin | 15 | 4.7 | 143 | 288 |
| *Pimentón* | Sweet red pepper | 190 | 127.7 | 157 | 234 |
| *Zanahoria* | Carrot | 6 | 3.6 | 666 | 852 |
| Vitamin A-rich fruits | *Papaya* | Papaya | 62 | 60.9 | 55 | 47 |
| *Mango* | Mango | 53 | 36.4 | 38 | 54 |
| Vitamin C-rich vegetables | *Repollo* | Cabbage | 51 | 36.6 | 6 | 5 |
| *Habichuela* | Broad bean | 33 | 9.7 | 18 | 35 |
| *Arveja* | Peas | 14 | 14.2 | 40 | 40 |
| *Tomate* | Tomato | 23 | 13.7 | 42 | 42 |
| *Salsa de tomate* | Tomato sauce | 13 | 7.0 | 43 | 22 |
| Vitamin C-rich fruits | *Piña* | Pineapple | 56 | 47.8 | 3 | 3 |
| *Mandarina* | Mandarin | 27 | 26.7 | 34 | 34 |
| *Limón* | Lemon | 53 | 53.0 | 1 | 1 |
| *Naranja* | Orange | 53 | 53.2 | 11 | 11 |
| *Toronja* | Grapefruit | 33 | 33.3 | 2 | 2 |
| *Marañon* | Cashew fruit | 219 | NF | 15 | NF |
| *Nance* | Locustberries – *Byrsonima spp.* | 84 | 92.5 | 0 | 4 |
| *Pixbae* | Peach palm – *Bactris gasipaes* | 35 | NF | 0 | NF |
| *Guyaba* | Guava | 183 | 228.3 | 32 | 31 |
| *Aguacate* | Avocado | 10 | 10.0 | 7 | 7 |
| *Guanábana* | Soursop | 21 | 20.6 | 0 | 0 |
| Other fruits and vegetables | *Pepino* | Cucumber | 3 | 3.2 | 4 | 4 |
| *Cebolla* | Onion | 10 | 7.4 | 0 | 0 |
| *Guineo* | Banana | 9 | 8.7 | 3 | 3 |
| *Sandía* | Watermelon | 8 | 8.1 | 28 | 28 |
| *Apio* | Celery | 3 | 3.1 | 22 | 22 |
| *Remolacha* | Beet | 4 | 3.6 | 2 | 2 |
| *Lechuga* | Lettuce | 3 | 2.8 | 25 | 25 |

1INCAP = *Insituto de nutrición de Centro América y Panamá* (2007)

2USDA = United States Department of Agriculture

3RAE = retinol activity equivalents

4NF = not found in the food composition table