

# Vitamin A: Our Needs and Sources Location

Important for healthy eyes & skin, some excellent sources of VITAMIN A are:  
Watermelon, cantaloupe, parsley, squash, spinach, tomatoes

## Excellent Sources of Vitamin A

An easy way to judge the Vitamin A content of a food is its color. Orange and yellow fruits and vegetables and dark green leafy vegetables provide more Vitamin A than the lighter colored fruits and vegetables.

- Carrots Apricots
- Broccoli Nectarines
- Sweet Potatoes Peaches
- Yellow Squash Watermelon
- Cantaloupe Melon Pumpkin
- Tomatoes Liver
- Greens including: spinach, collard, fresh parsley, turnips, mustard.

## Good Sources of Vitamin A

- Dried Prunes Green Peas
- Eggs Cheese
- Milk, Ice cream Romaine/green, leafy lettuce

## Ideas to include more Vitamin A in your diet

- Eat raw carrots and broccoli with a yogurt based dip as a snack.
- Use chopped raw spinach with romaine or leaf lettuce in a tossed salad. Add shredded carrots and fresh tomatoes for added color and Vitamin A.
- Add tomato sauce or tomato puree to ground meat mixtures when making meatballs, meatloaf, patties.
- Make a shredded carrot and raisin salad. Moisten with mayonnaise mixed with vinegar or plain yogurt or milk.
- Add canned or fresh tomatoes to casserole dishes.
- Serve cottage cheese with fresh or canned peaches as a snack or as a salad.

## Vitamin A - Why do we need it?

1. To keep our eyes healthy.
2. To help our eyes to see in dim light.
3. To help keep skin healthy.
4. To help keep tissues that line body cavities and tracts healthy.
5. To help us resist infection by keeping our tissues healthy.

