

# Vitamin A

## Sources of Vitamin A

### Best Sources

Cantaloupe	Pumpkin
Carrot	Spinach
Collards	Squash-Winter
Kale	Sweet Potatoes
Liver	



### Good Sources

Apricots	Cheese-Cheddar
Greens	Papaya

### Fair Sources

Asparagus	Nectarines
Avocado	Peaches
Broccoli	Prunes
Tangerine	Brussel Sprouts
Cherries	Tomato

## Functions of Vitamin A

- Helps eyes adjust to dim light.
- Helps keep skin healthy.
- Is needed for growth.
- Helps guard the lining of the nose, mouth, throat and digestive track against infection.