Vitamin A

Sources of Vitamin A

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

**Good Sources**
- Apricots
- Greens
- Cheese-Cheddar
- Papaya

**Fair Sources**
- Asparagus
- Avocado
- Broccoli
- Tangerine
- Cherries
- Nectarines
- Peaches
- Prunes
- Brussel Sprouts
- 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.