

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.