



Vitamin A – Vegetables and Fruits

Required Vitamin A = 233 µg per meal

Food Item	Portion	Amount (µg)
Apricot, Canned (3-4 halves)	½ cup	119
Apricot, Raw	3 Medium	102
Cantaloupe	½ cup	135
Carrots, boiled, sliced	½ cup	665
Carrots, raw, grated	2 Tbsp.	386
Chard, Swiss, boiled	½ cup	268
Greens, Collards	½ cup	722
Greens, Kale, boiled, raw	½ cup	443
Greens, Mustard boiled, frozen	½ cup	433
Lettuce, Romaine	1 cup	205
Mixed Vegetables, frozen	½ cup	389
Peas & Carrots, frozen	½ cup	381
Peppers, Sweet, Red	½ cup	125
Persimmon, Japanese	1 item	136
Potato, Sweet	½ cup	471
Pumpkin, Canned	½ cup	953
Pumpkin, Mashed, boiled	½ cup	247
Spinach, boiled	½ cup	472
Spinach, Raw, chopped	1 cup	141
Squash (Butternut or Hubbard), baked	½ cup	1144

Source: [FoodData Central \(usda.gov\)](https://fooddatacentral.usda.gov/)

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