

Good Sources of Vitamin A (Carotenoids)



*Vegetables**

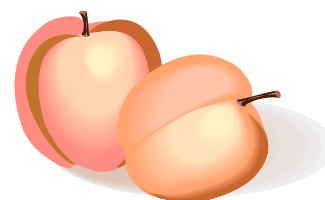
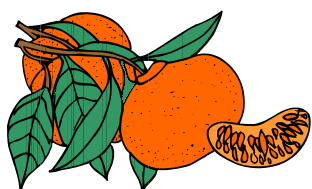
Chili peppers
Squash, winter
Sweet potatoes
Spinach
Carrots
Greens (collard, mustard, turnip)
Broccoli
Tomatoes



*Amount in ½ cup cooked vegetable unless otherwise noted.

*Fruits***

Apricots (dried or canned)
Apricot nectar (6 oz)
Cantaloupe
Papaya
Mango
Peach
Mandarin oranges
Nectarine
Prunes (4)
Tangerine
Plantain (¾ cup)



**Amount in one medium raw fruit unless otherwise noted.

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