

Vitamin A of Select Foods

Food	Vitamin A (RE)	Food	Vitamin A (RE)
Vegetables		Meats	
Pumpkin, canned (½ c)	2712	liver (3 oz)	9124
sweet potato, canned (½ c)	1935	salmon (3 oz)	53
carrots, raw (½ c)	1913	tuna (3 oz)	14
spinach, cooked (½ c)	739	Eggs	
Broccoli, cooked (½ c)	109	Egg (1)	84
winter squash (½ c)	53	Milk and milk products*	
green peppers (½ c)	40	milk, skim (1 c)	149
Fruits		milk, 2% (1 c)	139
Cantaloupe (1/4 whole)	430	cheese, american (1 oz)	82
Apricots, canned (½ c)	210	cheese, swiss (1 oz)	65
nectarine (1)	101	Fats	
Watermelon (1 c)	59	Margarine* (1 tsp)	46
Peaches, canned (½ c)	47	Butter (1 tsp)	38
papaya (½ c)	20		

RE = Retinol Equivalents;

*fortified