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)
- Tangarine
- Plantain (3/4 cup)

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