

Vitamin A

Vitamin A is important for healthy eyes, tissues, skin, bones, teeth, and nervous system. Our bodies can store vitamin A. One serving of an excellent source at least 3 times a week can meet your need for vitamin A. If only good and fair sources are eaten, you will need to eat at least 2 or more servings each day. Breastfeeding women need more vitamin A, therefore breastfeeding women should try to eat at least 2 or more servings each day of excellent and good sources. If you have any questions, ask the nutritionist.

Fruit and Vegetable Sources

Excellent

1 sweet potato
1 carrot



Good

1/4 cup canned pumpkin
1 mango
1 cup cantaloupe pieces
1/2 cup cooked spinach, collards, kale, or callaloo
1 cup cooked plantain
1/2 cup cooked dandelion, turnip, or beet greens
1/2 cup cooked butternut squash, hubbard squash, or calabaza
1/2 cup raw or cooked sweet red peppers or red chili peppers

Fair

1/2 cup cooked swiss chard or mustard greens
1/2 cup shredded bok choy
3/4 cup vegetable juice or tomato juice
1/4 cup tomato paste
1/2 cup mandarin oranges
1 medium apricot or nectarine
1 medium tangerine, papaya, or sapote
1/2 cup cooked broccoli

Note: Adult serving sizes are listed.
Children under 4 years of age should be given smaller serving sizes.

Meat and Dairy Sources

Excellent

1 1/2 oz cooked liver
(chicken, beef, turkey, or pork)
1 1/2 oz liverwurst

Fair

1 cup milk
1 1/2 oz cheese
2 eggs

Here are recipes that include foods with vitamin A.

Vegetable Lasagna

2 lbs fat free ricotta or cottage cheese
1 cup fresh carrots, shredded
10 oz frozen chopped spinach, thawed*
2 cups mozzarella cheese, shredded
1 egg
3 cups (26-oz jar) lowfat prepared or homemade pasta sauce
8 oz uncooked, oven-ready lasagna noodles
(or you can use cooked, regular lasagna noodles)

1. In a large bowl, mix together ricotta or cottage cheese, eggs, spices, spinach, carrots, and 1 1/2 cups mozzarella cheese.
2. Set aside 1/2 cup pasta sauce and 1/2 cup mozzarella cheese.
3. In one 13 x 9-inch baking pan, pour a thin coating of pasta sauce.
4. Cover with a layer of uncooked lasagna noodles. Spread a layer of half of the cheese and vegetable mixture and then spread a layer of the pasta sauce. Repeat layers again.
5. Add final layer of uncooked lasagna noodles and then top with 1/2 cup pasta sauce and 1/2 cup mozzarella cheese (saved in step 2).
6. Cover pan(s) tightly with foil. Bake at 350°F for 45 minutes. Remove foil. Bake 15 minutes longer or until lightly browned. Let stand 15 minutes before serving.

Makes 6 to 8 servings.

*You may use chopped broccoli instead of chopped spinach.

Pumpkin Muffins

3/4 cup whole wheat flour
3/4 cup white flour
1 cup oats
3/4 cup brown sugar
1/2 cup fat free milk
2 egg whites or 1 whole egg

1 1/2 teaspoons pumpkin pie spice
1/2 teaspoon baking soda
2 teaspoons baking powder
3 tablespoons vegetable oil
15-oz can of pumpkin

In a small bowl combine dry ingredients. In a medium bowl beat pumpkin, oil, milk, and egg until smooth. Add pumpkin mixture to dry ingredients. Mix until moistened. Spoon batter into greased muffin pan. Bake at 400°F for 22 to 25 minutes. Cool 5 minutes. Remove from pan.

Makes 12 muffins

Variation: Add 1/2 cup raisins and/or finely chopped nuts to the batter.