**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.

**Meat and Dairy Sources**

**Excellent**
1 1½ oz cooked liver (chicken, beef, turkey, or pork)
1 1½ oz liverwurst

**Good**
1 2 cups mozzarella cheese, shredded
1 1 egg

**Fair**
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)

*You may use chopped broccoli instead of chopped spinach.*

**Fruit and Vegetable Sources**

**Excellent**
1 sweet potato
1 carrot

**Good**
⅛ cup canned pumpkin
1 mango
1 cup cantaloupe pieces
1 cup cooked spinach, collards, kale, or callaloo
1 cup cooked plantain
1 cup cooked dandelion, turnip, or beet greens
1 cup cooked butternut squash, hubbard squash, or calabaza
1 cup raw or cooked sweet red peppers or red chili peppers

**Fair**
½ cup cooked swiss chard or mustard greens
½ cup shredded bok choy
⅛ cup vegetable juice or tomato juice
⅛ cup tomato paste
⅛ cup mandarin oranges
1 medium apricot or nectarine
1 medium tangerine, papaya, or sapote
1 cup cooked broccoli

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

**Vegetable Lasagna**

1. In a large bowl, mix together ricotta or cottage cheese, eggs, spices, spinach, carrots, and 1½ cups mozzarella cheese.
2. Set aside ½ cup pasta sauce and ½ 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 ½ cup pasta sauce and ½ 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.

**Pumpkin Muffins**

1. 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 ½ cup raisins and/or finely chopped nuts to the batter.