

Food Sources of Vitamin A

Food Sources of Vitamin A ranked by micrograms Retinol Activity Equivalents (RAE) of vitamin A per standard amount.

<u>Food, Standard Amount</u>	<u>Vitamin A (mcg RAE)</u>
Organ meats (liver, giblets), various, cooked, 3 oz ^a	1490-9126
Carrot juice, ¾ cup	1692
Sweet potato with peel, baked, 1 medium	1096
Pumpkin, canned, ½ cup	953
Carrots, cooked from fresh, ½ cup	671
Spinach, cooked from frozen, ½ cup	573
Collards, cooked from frozen, ½ cup	489
Kale, cooked from frozen, ½ cup	478
Mixed vegetables, canned, ½ cup	474
Turnip greens, cooked from frozen, ½ cup	441
Various ready-to-eat cereals, with added vitamin A, ~1 oz	180-376
Carrot, raw, 1 small	301
Beet greens, cooked, ½ cup	276
Winter squash, cooked, ½ cup	268
Dandelion greens, cooked, ½ cup	260
Cantaloupe, raw, ¼ medium melon	233
Mustard greens, cooked, ½ cup	221
Pickled herring, 3 oz	219
Red sweet pepper, cooked, ½ cup	186
Chinese cabbage, cooked, ½ cup	180

^a High in cholesterol

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17.