



# Vitamin A

## We need vitamin A for:

- Good vision
- Healthy skin
- Normal growth
- Preventing infection

## How do we get enough vitamin A?

- Eat eggs or cheese or drink milk.
- Eat dark green vegetables or deep orange vegetables and fruits every day. These foods have beta-carotene which our body turns into vitamin A.

### Foods High in Vitamin A\*

### Serving Sizes



Food	1-3 Years	4-5 Years	Women
Sweet potato, cooked	2-3 tablespoons	$\frac{1}{3}$ - $\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Carrots, cooked	2-3 tablespoons	$\frac{1}{3}$ - $\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Spinach, cooked	2-3 tablespoons	$\frac{1}{3}$ - $\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Butternut squash, cooked	2-3 tablespoons	$\frac{1}{3}$ - $\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Cantaloupe	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Collard greens or kale	2-3 tablespoons	$\frac{1}{3}$ - $\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Mango or papaya	2-3 tablespoons	$\frac{1}{4}$	$\frac{1}{2}$
Red peppers, cooked	2-3 tablespoons	$\frac{1}{3}$ - $\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Apricots	1	2	3
Eggs	1	1	2-3
Cheese	$\frac{3}{4}$ ounce	1 ounce	1 $\frac{1}{2}$ ounces
Milk, fortified	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Pumpkin, cooked	2-3 tablespoons	$\frac{1}{3}$ - $\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Broccoli, cooked	2-3 tablespoons	$\frac{1}{3}$ - $\frac{1}{2}$ cup	$\frac{1}{2}$ cup

\*Foods with the most vitamin A are at the top of the list.



## What's So Great About Beta-Carotene?

- Our bodies turn beta-carotene into vitamin A.
- Beta-carotene helps prevent certain cancers and eye diseases and makes our immune system strong.

## Great Food Combos

- Omelette with spinach, red peppers, and cheese
- Carrots added to soups, stews, or sauces
- Salads with spinach, carrots, and broccoli
- A smoothie made with milk or yogurt, ice, and mango or papaya

It is better to get vitamin A and beta-carotene from food than from vitamin pills.



### Try this recipe for Veggie Pizza:



### Ingredients:

- 1 large pizza crust or 4 English muffins
- 1 cup tomato sauce
- 8 oz (2 cups) shredded mozzarella or cheddar cheese
- ½ cup sliced red bell pepper
- 1 ½ cups chopped broccoli
- 1 ½ cups shredded carrots

### Directions:

1. Using a spoon, spread the tomato sauce on the pizza crust (or English muffins).
2. Put cheese over the sauce and sprinkle with vegetables.
3. Put pizza crust (or English muffins) on a baking sheet and bake at 350° for 10 minutes. Serves 3-4.



**California Department of Public Health, California WIC program**

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