

Vitamin A Sources - Must Be Served Every Other Day (3 Times per Week)

**\*\*Best Choice**

**\*Good Choice**

**# Acceptable Choice** (can only count for a vitamin source once per week)

FRUITS			VEGETABLES		
<i>Food</i>	<i>Serving Size</i>		<i>Food</i>	<i>Serving Size</i>	
Avocados	¼ medium	#	Asparagus	¼ c.	#
Apricot	2 halves	*	Artichoke	½ medium	#
Cantaloupe	¼ c.	*	Bok Choy	¼ c.	*
Cherries, red-sour	¼ c.	*	Broccoli	¼ c.	*
Mandarin Orange Segments	½ c.	*	Brussel Sprouts	¼ c.	*
Mango	¼ medium	**	Carrots	¼ c.	**
Melon Balls	¼ c.	*	Collard Greens	¼ c.	**
Nectarine	¼ medium	#	Kale	¼ c.	**
Papaya	¼ c.	*	Lettuce-Green (Romaine or Red – NOT Iceberg)	½ c.	#
Peaches	¼ c.	#	Mixed Vegetables	¼ c.	**
Plantain	¼ c.	#	Mustard Greens	¼ c.	**
Prunes	¼ c.	*	Okra, <b>not</b> fried	¼ c.	#
Tangerine	½ medium	*	Peas & Carrots	¼ c.	**
			Peppers, red	¼ c.	**
			Pumpkin	¼ c.	**
			Rutabagas	¼ c.	#
<b>Miscellaneous</b>			Spinach	¼ c.	**
			Sweet Potato	½ medium	**
Egg	1 medium	*	Tomato or V8 Juice	¼ c.	**
Liver - Beef	1 oz.	**	Turnip Greens	¼ c.	**
Liver – Chicken	1 oz.	**	Winter Squash, Butternut or Hubbard	¼ c.	**