

Food Sources of Vitamin A

Liver	Chicken giblets	Turkey giblets	Liverwurst	Cod liver oil	Liver cheese
Braunschweiger (a liver sausage)	Eel	Carrot juice	Carrots	Sweet potato	Pumpkin
Kale	Dandelion greens	Malted milk drink (vitamin A-fortified)	Mustard greens	Spinach	Collards
Butternut squash	Bluefin tuna	Turnip greens	Protein bar (vitamin A-fortified)	Pokeberry shoots	Breakfast cereal (vitamin A-fortified)
Liver pate	Instant breakfast drink (vitamin A-fortified)	Mustard spinach	Protein shake (vitamin A-fortified)	Lambquarters	Beet greens
Drumstick leaves	Kefir (vitamin A-fortified)	Waffles (vitamin A-fortified)	Hubbard squash	Pumpkin pie	Infant or child formula (vitamin A-fortified)
Nutrition shake (vitamin A-fortified)	Swiss chard	Pancakes (vitamin A-fortified)	Whale eye	Peanut butter (vitamin A-fortified)	Chunky turkey soup
Cos or romaine lettuce	Sweet potato chips	Milk (vitamin A-fortified)	Winged bean leaves	Malabar spinach (vine spinach)	Vegetable chicken soup
Water spinach (swamp cabbage)	Potherb jute	Split pea soup with ham (chunky)	Red leaf lettuce	Green leaf lettuce	Formulated bar (vitamin A-fortified)
Cheese soup	Cornsalad (lamb's lettuce)	Garden cress	Orange juice (vitamin A-fortified)	Granola bar (vitamin A-fortified)	Borage
Vegetable beef soup	Pak-choi Chinese cabbage	Taro leaves	Spinach soufflé	French toast (vitamin A-fortified)	Dehydrated apricots (low-moisture)
Breakfast bar (vitamin A-fortified)	Chicory greens	Wild rose hips (Alaska Native)	Wild plums (Alaska Native)	King mackerel	Cantaloupe
Sturgeon	Toaster pastries (vitamin A-fortified)	Yogurt (vitamin A-fortified)	Chunky minestrone soup	Egg yolk	Whale flipper
Margarine-like spread (vitamin A-fortified)	Vegetable oil spread (vitamin A-fortified)	Red sweet peppers	Sweet potato leaves	Omelet	Scrambled eggs