

# 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.

## Fruit and Vegetable Sources

### Excellent

- 1 sweet potato
- 1 carrot

### Good

- ¼ cup canned pumpkin
- 1 mango
- 1 cup cantaloupe pieces
- ½ cup cooked spinach, collards, kale, or callaloo
- 1 cup cooked plantain
- ½ cup cooked dandelion, turnip, or beet greens
- ½ cup cooked butternut squash, hubbard squash, or calabaza
- ½ 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
- ¾ cup vegetable juice or tomato juice
- ¼ cup tomato paste
- ½ cup mandarin oranges
- 1 medium apricot or nectarine
- 1 medium tangerine, papaya, or sapote
- ½ cup cooked broccoli

## Meat and Dairy Sources

### Excellent

- 1½ oz cooked liver (chicken, beef, turkey, or pork)
- 1½ oz liverwurst

### Fair

- 1 cup milk
- 1½ oz cheese
- 2 eggs

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

## Florida Department of Health WIC Program

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## Here are recipes that include foods with vitamin A.

### Vegetable Lasagna

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|--|--------------------------|
| 2 lbs fat free ricotta or cottage cheese                   | ½ teaspoon onion powder  |
| 1 cup fresh carrots, shredded                              | ½ teaspoon garlic powder |
| 10 oz frozen chopped spinach, thawed*                      | ½ teaspoon salt          |
| 2 cups mozzarella cheese, shredded                         | ¼ teaspoon pepper        |
| 1 egg  | 1 teaspoon dried basil   |
| 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)           |                          |

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.

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

### Pumpkin Muffins

- |                             |                                |
|-----------------------------|--------------------------------|
| ¾ cup whole wheat flour     | 1½ teaspoons pumpkin pie spice |
| ¾ cup white flour           | ½ teaspoon baking soda         |
| 1 cup oats                  | 2 teaspoons baking powder      |
| ¾ cup brown sugar           | 3 tablespoons vegetable oil    |
| ½ cup fat free milk         | 15-oz can of pumpkin           |
| 2 egg whites or 1 whole egg |                                |

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.