

## Table of Contents



- [Top 15 Vegetables High in Vitamin A \(Beta-Carotene\)](#)
- [Top 10 Fruits High in Vitamin A \(Beta-Carotene\)](#)
- [Top 10 Animal-Based Sources \(Retinol – Preformed Vitamin A\)](#)
- [Herbs and Spices](#)
- [Recommended Daily Intake \(RDI\)](#)
- [Benefits of Vitamin A](#)
- [Tips to Maximize Vitamin A Absorption](#)
  - [Did You Know?](#)

Vitamin A is essential for maintaining healthy vision, immune function, and skin health.

It exists in two forms:

- Preformed Vitamin A (Retinol): Found in animal products.
- Provitamin A (Beta-Carotene): Found in fruits and vegetables and converted into Vitamin A by the body.

---

## Top 15 Vegetables High in Vitamin A (Beta-Carotene)

Vegetable	Vitamin A (µg RAE per 100g)
Sweet Potatoes (Baked)	1,040 µg
Carrots (Raw)	835 µg
Pumpkin (Cooked)	532 µg
Spinach (Cooked)	573 µg
Kale (Cooked)	681 µg
Butternut Squash	532 µg
Collard Greens (Cooked)	380 µg
Red Bell Peppers (Raw)	157 µg

<b>Vegetable</b>	<b>Vitamin A (µg RAE per 100g)</b>
Broccoli (Cooked)	120 µg
Lettuce (Romaine)	436 µg
Swiss Chard	370 µg
Dandelion Greens	508 µg
Beet Greens	400 µg
Cabbage (Raw)	98 µg
Asparagus	38 µg

---

## **Top 10 Fruits High in Vitamin A (Beta-Carotene)**

<b>Fruit</b>	<b>Vitamin A (µg RAE per 100g)</b>
Mango	54 µg
Cantaloupe Melon	169 µg
Papaya	47 µg
Watermelon	28 µg
Grapefruit (Pink/Red)	58 µg
Apricots (Raw)	96 µg
Guava	31 µg
Tomatoes (Raw)	42 µg
Passion Fruit	64 µg
Tangerines	34 µg

---

## **Top 10 Animal-Based Sources (Retinol - Preformed Vitamin A)**

<b>Animal Product</b>	<b>Vitamin A (µg RAE per 100g)</b>
Beef Liver (Cooked)	9,442 µg
Cod Liver Oil	30,000 µg
Lamb Liver	7,500 µg
Egg Yolks	149 µg

Animal Product	Vitamin A (µg RAE per 100g)
Butter	684 µg
Cheddar Cheese	265 µg
Chicken Liver (Cooked)	3,280 µg
Salmon	59 µg
Tuna (Canned in Oil)	252 µg
Milk (Whole)	68 µg

---

## Herbs and Spices

Herb/Spice	Vitamin A (µg RAE per 100g)
Paprika	2,300 µg
Parsley (Fresh)	421 µg
Basil (Fresh)	264 µg
Coriander (Fresh)	337 µg
Oregano (Dried)	85 µg

---

## Recommended Daily Intake (RDI)

- Men (19+ years): 900 µg RAE/day
  - Women (19+ years): 700 µg RAE/day
  - Pregnant Women: 770 µg RAE/day
  - Children (1-8 years): 300-400 µg RAE/day
- 

## Benefits of Vitamin A

- Vision: Supports low-light and color vision.
- Immune Health: Strengthens the immune system.
- Skin Health: Promotes healthy skin and prevents dryness.
- Growth and Development: Essential for cellular growth.

---

## **Tips to Maximize Vitamin A Absorption**

1. Pair with Healthy Fats – Vitamin A is fat-soluble; consume with olive oil, nuts, or avocados.
  2. Eat Fresh and Cooked – Light steaming enhances absorption of beta-carotene.
  3. Balance Plant and Animal Sources – Include both retinol (animal) and beta-carotene (plant) for well-rounded intake.
- 

## **Did You Know?**

- Beef liver contains over 900% of the daily recommended value for Vitamin A in a single serving!
- Carrots are one of the most efficient sources of beta-carotene.
- Excessive Vitamin A (especially from supplements) can lead to toxicity. Stick to whole foods for safety.