



VITAMIN A

WHY DO WE NEED VITAMIN A?

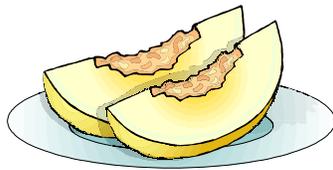
1. To see well at night
2. To prevent infection
3. To have healthy skin and hair
4. To lower the risk of cancer

HOW MUCH VITAMIN A DO WE NEED?

At least one serving every other day

WHICH FOODS ARE HIGH IN VITAMIN A?

1. Dark green and dark yellow vegetables and fruit (carrots, pumpkin, sweet potatoes, winter squash, broccoli, spinach, collards, cantaloupe, apricots)
2. Liver and other organ meats
While a good source of vitamin A, these foods are generally high in cholesterol and should be limited.



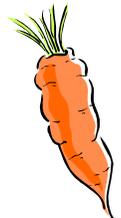
SAMPLE MENU WITH VITAMIN A FOODS*



Breakfast
slice of cantaloupe
cereal
milk

Lunch
grilled cheese sandwich
raw carrot sticks
milk

Dinner
liver
mashed potatoes
broccoli
roll with margarine
milk



*Can you pick out the 4 foods that are rich in Vitamin A in the menu above? (See answer on back.)

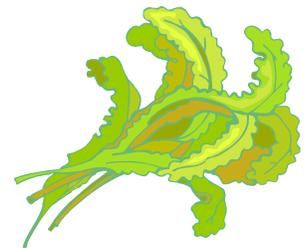
BEST VITAMIN A SOURCES

dried apricots
cantaloupe
butternut squash
spinach
carrots
sweet potatoes
beef liver



GOOD SOURCES OF VITAMIN A

broccoli
milk 2%
egg yolk
cheddar cheese



VITAMIN A RECIPES

Orange Sweet Potatoes

Microwave time: 11-21 minutes
Stand time: 30 minutes



1 ½ pounds sweet potatoes (about 4 medium)
¼ teaspoon salt
1/3 cup orange marmalade

1. Prepare and microwave sweet potatoes as directed (above)-except cool about 30 minutes or until cool enough to handle. Cut into fourths.
2. Place sweet potatoes in 1-quart casserole; sprinkle with salt. Spoon marmalade onto sweet potatoes.
3. Cover loosely and microwave on high 3-6 minutes, stirring and spooning marmalade over sweet potatoes after 4 minutes, until sweet potatoes are hot. 4 servings (about ½ cup each; 160 calories per serving).

**One can (18 ounces) sweet potatoes, drained, can be substituted for the fresh sweet potatoes.*

Zucchini and Spinach Casserole

1 10-ounce package of frozen chopped spinach
½ teaspoon nutmeg
2 cups sliced zucchini
2 tablespoons water
1 teaspoon margarine
1 teaspoon seasoned salt
½ cup grated Parmesan cheese
½ cup grated Swiss cheese (about 2 ounces)



1. Preheat oven to 350 F.
2. Cook spinach according to package instructions. Drain; add nutmeg.
3. Combine zucchini, water, margarine, and seasoned salt in skillet. Cover; steam for 5 minutes.
4. Mix Parmesan and Swiss cheeses. In 8-inch casserole, layer spinach, zucchini, and cheese mixture. Bake for 20 minutes.



Commonwealth of Kentucky
Department for Public Health
275 East Main Street, HS2W-C
Frankfort, KY 40621-0001
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Printed With State Funds
4/01 PAM-DPH-098

*Answer:

Cantaloupe
Carrot sticks
Liver
Spinach