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*

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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</thead>
<tbody>
<tr>
<td>slice of cantaloupe cereal milk</td>
<td>grilled cheese sandwich raw carrot sticks milk</td>
<td>liver mashed potatoes broccoli roll with margarine milk</td>
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</tbody>
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*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.

*Answer:
Cantaloupe
Carrot sticks
Liver
Spinach