

# Foods highest in

# Vitamin A

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

**5000 IU**

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Green leaf lettuce	987%	1957	23.5	667	Endive	255%	1482	20.7	588
Red leaf lettuce	937%	1603	22.0	625	Beef liver	250%	1808	2.6	74
Pumpkin, canned	915%	1139	10.4	294	Red bell peppers	241%	1071	13.6	385
Watercress	855%	2843	32.1	909	Broccoli raab	238%	1267	16.0	455
Carrots	820%	1011	8.6	244	Pimento, canned	231%	884	15.3	435
Spinach	815%	2601	15.3	435	Cod liver oil	222%	748	0.4	11
Mustard greens	808%	2403	13.6	385	Dandelion greens	219%	849	7.8	222
Turnip greens	724%	1791	11.0	313	Cantaloupe	199%	395	10.4	294
Chinese cabbage (bok choy)	687%	1749	27.1	769	Chicken, liver	191%	983	3.0	86
Romaine lettuce	683%	1566	20.7	588	Arugula	190%	825	14.1	400
Spinach, canned	677%	1280	18.6	526	Chili powder	189%	497	1.1	32
Swamp cabbage	663%	1506	18.6	526	Spearmint, fresh	184%	838	8.0	227
Swiss chard	644%	2849	18.6	526	Purslane	165%	855	22.0	625
Kale	615%	1747	7.1	200	Pumpkin pie mix, canned	160%	260	3.4	96
Grape leaves	592%	998	3.8	108	Peppermint, fresh	121%	556	5.0	143
Coriander (cilantro) leaves	587%	1762	15.3	435	Balsam-pear (bitter gourd)	116%	1072	11.8	333
Beet greens	575%	1964	16.0	455	Thyme, fresh	94%	695	3.5	99
Pumpkin	568%	857	13.6	385	Tomatoes, ripe	93%	416	19.6	556
Veal liver	558%	2093	2.5	71	Apricots raw	80%	188	7.3	208
Lambsquarters, raw	540%	1219	8.2	233	Dried basil	75%	866	1.4	40
Boston lettuce	510%	1299	27.1	769	Spearmint, dried	74%	762	1.2	35
Chicory greens	497%	1726	15.3	435	Parsley, dried	74%	903	1.3	36
Caribou liver	472%	568	2.9	82	Chicken vegetable soup	72%	125	5.1	145
Parsley	468%	2925	9.8	278	Iceberg lettuce	72%	410	25.2	714
Collards	445%	1611	11.8	333	Asparagus	60%	586	14.1	400
Garden cress	432%	1639	11.0	313	Marjoram, dried	60%	659	1.3	37
Basil	391%	1751	13.1	370	Grapefruit	58%	228	11.0	313
Paprika	365%	763	1.2	35	Celery	56%	422	22.0	625
Dill weed	359%	1166	8.2	233	Papayas	56%	318	9.0	256
Sweet potato	330%	436	4.1	116	Leeks	55%	274	5.8	164
Pork liver	323%	1241	2.6	75	Tomato juice	53%	401	20.7	588
Chives	290%	1205	11.8	333	Podded peas	52%	492	8.4	238
Red/cayenne pepper	262%	541	1.1	31	Sour red cherries	51%	119	7.1	200

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Acerola West Indian cherry	48%	5971	11.0	313	Rosemary, dried	19%	274	1.1	30
Chili peppers	48%	693	8.8	250	Peas	19%	285	4.4	123
Apricot nectar, canned	47%	42	6.3	179	Plantains	18%	77	2.9	82
Dill weed, dried	46%	458	1.4	40	Guavas	18%	526	5.2	147
Oegano, dried	45%	519	1.2	33	Sprouted radish seeds	18%	355	8.2	233
Rosemary, fresh	45%	281	2.7	76	Cowpeas (blackeyes)	18%	223	3.9	111
Green beans	45%	393	11.4	323	POST 100% BRAN	18%	320	1.2	35
Crushed tomatoes, canned	44%	310	11.0	313	Poultry seasoning	17%	392	1.1	33
Coriander leaf, dried	42%	913	1.3	36	Peaches	17%	104	9.0	256
Bay leaf spice	40%	368	1.1	32	Elderberries	16%	176	4.8	137
Watermelon	38%	117	11.8	333	Seaweed, wakame	16%	562	7.8	222
Savory	38%	450	1.3	37	Nectarines	15%	98	8.0	227
Sage	37%	554	1.1	32	Plums	15%	72	7.7	217
Tomato paste	37%	243	4.3	122	Complete Oat Bran Flakes	15%	1118	1.0	29
Green bell peppers	37%	738	17.6	500	Cucumber	14%	264	23.5	667
Broccoli	37%	748	10.4	294	Sour cream, reduced fat	14%	-15	2.3	66
Brussels sprouts	35%	692	8.2	233	Tomatoes, canned	14%	296	20.7	588
Shallots	33%	176	4.9	139	Smart Start Cereal	14%	593	1.0	27
Apricots dried	30%	68	1.5	41	All-Bran Buds	14%	874	1.4	40
Chicken noodle soup	30%	126	6.7	189	Sprouted alfalfa seeds	13%	496	15.3	435
Broccoli stalks	29%	764	12.6	357	All-Bran Original	13%	1025	1.4	38
Taragon, dried	28%	434	1.2	34	Gooseberries	13%	204	8.0	227
Chicken rice soup w/veg	28%	-6	9.0	256	Tomato soup	13%	88	5.9	167
Mandarin oranges, canned	28%	64	5.8	164	Kellogg's Special K	13%	529	0.9	26
Thyme, dried	28%	869	1.3	36	Papaya nector, canned	13%	-3	6.2	175
Fresh tuna	27%	509	1.9	54	Non-fat dry milk w vit A	12%	218	1.0	28
Complete Wheat Bran	27%	1194	1.1	31	Capers, canned	12%	-147	15.3	435
Tangerines, mandarin oranges	26%	124	6.7	189	Kellogg's Nutri-Grain	11%	75	1.0	27
Summer squash	25%	546	22.0	625	Pork and beans, canned	10%	120	2.7	78
Zucchini	25%	553	22.0	625	Total cereal	10%	1153	1.1	30
Manhattan clam chowder	25%	201	5.8	164	Blackberries	10%	285	8.2	233
Okra	24%	671	11.4	323	Margarine, hydrogenated	10%	37	0.5	14
Mangos	24%	111	5.4	154	Kellogg's Corn Flakes	10%	308	1.0	28
Soy milk	24%	274	6.8	192	Fortified skim milk	10%	263	8.6	244
Grapefruit juice	23%	187	9.0	256	Rhubarb	10%	325	16.8	476
Polar bear meat	22%	106	2.7	77	Oranges	10%	205	7.5	213
All-Bran with fiber	21%	1098	1.8	52	Milk 1% with vitamin A	9%	206	8.4	238
Catsup	19%	27	3.6	103	Multi-Grain Cheerios	9%	952	0.9	26

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Cheerios	9%	368	1.0	27	Sour cream	6%	16	1.6	47
Wheaties	9%	436	1.0	27	Infant formula, SIMILAC	6%	96	5.3	152
Peaches in syrup, canned	9%	6	4.8	135	Cream of potato soup	6%	80	5.9	167
Egg yolk	9%	38	1.1	31	Total Raisin Bran	6%	648	1.1	32
Orange juice	9%	176	7.8	222	Goat milk	6%	97	5.1	145
Orange peel	9%	274	3.6	103	Roquefort cheese	6%	71	1.0	27
Fennel bulbs	9%	254	11.4	323	Ricotta cheese, skim	6%	139	2.6	72
Plain frozen waffles	9%	133	1.1	32	Mackerel, canned	6%	458	2.3	64
Kumquats	8%	151	5.0	141	Muenster cheese	6%	84	1.0	27
Clams	8%	1591	4.8	135	Half and half	5%	36	2.7	77
Raisin Bran Cereal	8%	325	1.1	32	Seaweed, kelp	5%	429	8.2	233
Cabbage	8%	497	14.1	400	Lima beans	5%	252	3.1	88
Goat cheese	8%	93	0.8	22	French vanilla ice cream	5%	10	1.6	45
Cream cheese	8%	10	1.0	29	Rich vanilla ice cream	5%	3	1.4	40
Total Corn Flakes	8%	1004	0.9	27	American cheese	5%	64	0.9	27
Hard-boiled egg	8%	98	2.3	65	Ricotta cheese	5%	94	2.0	57
Milk 2% with vitamin A	8%	162	7.1	200	Colby cheese	5%	79	0.9	25
Artichokes	8%	293	7.5	213	Provolone cheese	5%	100	1.0	28
Smart Start Soy Protein	7%	541	1.0	27					
Cheese Spread, Velveeta	7%	-12	1.2	33					
Whole duck egg	7%	83	1.9	54					
Chicken liver, canned	7%	261	1.8	50					
Grape-Nuts Cereal	7%	142	1.0	28					
Tomatillos	7%	212	11.0	313					
Limburger cheese	7%	91	1.1	31					
Ensure plus	7%	116	2.5	71					
Olives, canned	7%	61	3.1	87					
Butter	7%	-19	0.5	14					
Egg, whole	7%	123	2.5	70					
Sun-dried tomatoes	7%	211	1.4	39					
Cumin seed	7%	279	0.9	27					
Orange juice, California	7%	190	8.0	227					
Dried plums	7%	44	1.5	42					
Bluefish	6%	421	2.8	81					
Stewed prunes	6%	32	3.3	93					
Ginko nuts	6%	104	1.9	55					
Curry powder	6%	323	1.1	31					
Human milk	6%	29	5.0	143					