

VITAMIN A

World's Healthiest Foods ranked as quality sources of: vitamin A						
Food	Serving Size	Cals	Amount (IU)	DV (%)	Nutrient Density	World's Healthiest Foods Rating
Carrots, raw	1 cup	52.5	34317.40	686.3	235.5	excellent
Spinach, boiled	1 cup	41.4	18865.80	377.3	164.1	excellent
Turnip greens, cooked	1 cup	28.8	7917.12	158.3	99.0	excellent
Kale, boiled	1 cup	36.4	9620.00	192.4	95.1	excellent
Parsley, fresh	2 tbs	2.7	631.80	12.6	84.2	excellent
Bell peppers, red, raw, slices	1 cup	24.8	5244.00	104.9	76.0	excellent
Mustard greens, boiled	1 cup	21.0	4243.40	84.9	72.7	excellent
Romaine lettuce	2 cup	15.7	2912.00	58.2	66.9	excellent
Calf's liver, braised	4 oz-wt	187.1	30485.26	609.7	58.7	excellent
Swiss chard, boiled	1 cup	35.0	5493.25	109.9	56.5	excellent
Sweet potato, baked, with skin	1 each	95.4	13107.70	262.2	49.5	excellent
Cayenne pepper, dried	2 tsp	11.2	1470.24	29.4	47.3	excellent
Collard greens, boiled	1 cup	49.4	5945.10	118.9	43.3	excellent
Cantaloupe, cubes	1 cup	56.0	5158.40	103.2	33.2	excellent
Winter squash, baked, cubes	1 cup	80.0	7291.85	145.8	32.8	excellent
Apricots	1 each	16.8	914.20	18.3	19.6	excellent
Broccoli, steamed	1 cup	43.7	2280.72	45.6	18.8	excellent
Basil, dried, ground	2 tsp	7.5	281.24	5.6	13.5	very good
Tomato, ripe	1 cup	37.8	1121.40	22.4	10.7	excellent
Oregano, dried, ground	2 tsp	9.2	207.08	4.1	8.1	good
Asparagus, boiled	1 cup	43.2	970.20	19.4	8.1	excellent
Chili pepper, dried	2 tsp	25.5	531.60	10.6	7.5	very good
Green beans, boiled	1 cup	43.8	832.50	16.6	6.9	very good
Brussel sprouts, boiled	1 cup	60.8	1121.64	22.4	6.6	very good
Cucumbers, slices, with peel	1 cup	13.5	223.60	4.5	6.0	good
Summer squash, cooked, slices	1 cup	36.0	516.60	10.3	5.2	very good
Watermelon, diced	1 cup	48.6	556.32	11.1	4.1	very good
Grapefruit	0.50 each	36.9	318.57	6.4	3.1	good
Celery, raw	1 cup	19.2	160.80	3.2	3.0	good
Prunes	0.25 cup	101.6	844.48	16.9	3.0	good
Papaya	1 each	118.6	863.36	17.3	2.6	good
Green peas, boiled	1 cup	134.4	955.20	19.1	2.6	good
Cabbage, shredded, boiled	1 cup	33.0	198.00	4.0	2.2	good
Plum	1 each	36.3	213.18	4.3	2.1	good
Oranges	1 each	61.6	268.55	5.4	1.6	good

World's Healthiest Foods Rating	Rule				
excellent	DV>=75%	OR	Density>=7.6	AND	DV>=10%
very good	DV>=50%	OR	Density>=3.4	AND	DV>=5%
good	DV>=25%	OR	Density>=1.5	AND	DV>=2.5%

<http://whfoods.org/genpage.php?dbid=106&tname=nutrient>

Other Vitamin A Rich Foods

Papaya	1094IU (22% RDA) per 100 gram serving	1532IU (31% RDA) per cup cubed (140 grams)	1663IU (33% RDA) per small papaya (152 grams)	Click to see complete nutrition facts for Papaya
Mangoes	765IU (15% RDA) per 100 gram serving	1262IU (25% RDA) per cup sliced (165 grams)	1584IU (32% RDA) in an average mango (207 grams)	Click to see complete nutrition facts for Mangoes
Green Peas	2100IU (42% RDA) per 100 gram serving	3360IU (68% RDA) per cup (160 grams)	1680IU (34% RDA) in a half cup (80 grams)	Click to see complete nutrition facts for Cooked Green Peas
Tomatoes	833IU (17% RDA) per 100 gram serving	1499IU (30% RDA) per cup chopped (180 grams)	1025IU (20% RDA) in an average tomato (123 grams)	Click to see complete nutrition facts for Red Ripe Tomatoes
Peaches	326IU (7% RDA) per 100 gram serving	502IU (10% RDA) per cup sliced (154 grams)	489IU (10% RDA) in a medium sized peach (150 grams)	Click to see complete nutrition facts for Raw Peaches
Red Bell (Sweet) Peppers	3131IU (63% RDA) per 100 gram serving	4665IU (93% RDA) per cup chopped (149 grams)	3726IU (75% RDA) in a medium sized pepper (119 grams)	Click to see complete nutrition facts for Raw Red Bell Peppers
Oatmeal (Fortified)	621IU (12% RDA) per 100 gram serving	1453IU (29% RDA) per cup (234 grams)	272IU (14% RDA) in a half-cup (117 grams)	Click to see complete nutrition facts for Instant Fortified Oatmeal

*Amount of vitamin A may vary greatly between products. Be sure to check nutrition labels for the exact amount of