

High Vitamin A Foods

Food	Serving (Imperial)	Serving (Metric)	Vitamin A Amount (mcg)	%RDA (DV)
Beef liver, cooked	3 oz	85 g	6582	731%
Sweet potato, baked	1 medium	140 g	1403	156%
Spinach, boiled	1/2 cup	90 g	573	64%
Butternut Squash, Cooked	1/2 cup	100 g	560	62%
Carrots, raw	1/2 cup	65 g	459	51%
Cheese, ricotta, part skim	1/2 cup	125 g	263	29%
Herring, Atlantic	3 oz	85 g	219	24%
Milk, fat free	1 cup	240 g	149	17%
Cantaloupe	1/2 cup	80 g	135	15%
Peppers, sweet red, Raw	1/2 cup	75 g	117	13%
Mango	1 whole	200 g	112	12%
Egg	1 large	50 g	90	10%
Black-eyed peas, boiled	1/2 cup	90 g	66	7%
Broccoli, boiled	1/2 cup	85 g	60	7%
Salmon, sockeye, cooked	3 oz	85 g	59	7%

Adult U.S.RDA (Recommend Dietary Allowance)

900 mcg Male

700 mcg Female