

Vitamin A Content of Foods
 (Source: myfooddata.com)
***Do Not Eat**

Meats

<u>IUs</u>	<u>DV</u>	<u>Qty.</u>	<u>Beef/ Bison</u>
0	0%	3 oz.	Strip Steaks (including grass-fed)
0	0%	3 oz.	Flank Steak
0	0%	3 oz.	Beef Round
0	0%	3 oz.	Beef Ribs
0	0%	3 oz.	Prime Rib
0	0%	3 oz.	London Broil
0	0%	3 oz.	Sirloin
0	0%	3 oz.	Pot Roast
0	0%	3 oz.	Bison:
0	0%	6 slices	Pastrami
4.3	0%	3 oz.	Grilled Porterhouse, T-Bone, and Tenderloin Steaks
5.1	0%	3 oz.	Grilled T Bone Steak
5.1	0%	3 oz.	Braised Beef or Chuck Stew
7.7	0%	3 oz.	Grilled Top Round Steak
7.7	0%	3 oz.	Hamburger (cooked)
8.5	0%	3 oz	Ribeye Steak
11.9	0%	3 oz.	Roasted Beef Eye of Round Roast
18.7	0%	3 oz.	Grilled Porterhouse Steak
27	1%	1 slice	Beef Bolagna: 27IU
82.5	2%	1 item	Fast Food Hamburger
<u>IUs</u>	<u>DV</u>	<u>Qty</u>	<u>Pork</u>
0	0%	3 oz.	Pork Tenderloin
0	0%	1 cup	Ham
0	0%	3 oz.	Canadian Bacon
0	0%	1 oz	Bologna (1 slice)

0	0%	1 oz.	Chorizo
0	0%	3 oz.	Pepperoni
0	0%	3 oz.	Salami
1.7	0%	3 oz.	Sweet Italian Sausage (1 link)
4.3	0%	1 slice	Bacon (pan fried)
5.1	0%	1 link	Pork Bratwurst (cooked)
6	0%	3 oz.	Pork Loin
6.8	0%	3 oz.	Cooked Ground Pork
8.5	0%	3 oz.	Spareribs
10.2	0%	6 oz.	Pork Chop
12.2	0%	1 cup	Lean Roasted Ham (diced)
13.5	0%	1 cup	Roasted Ham (diced)

<u>IUs</u>	<u>DV</u>	<u>Qty.</u>	<u>Seafood</u>
.9	0%	2 large or 5 small	Scallops
2.4	0%	1 cup	Blue Crab (flaked and pieces)
2.7	0%	1 cup	Canned Blue Crab
3.4	0%	3 oz.	Lobster (cooked)
6.3	0%	1 filet	Cooked Pacific Cod
8	0%	5	Canned Anchovies
13.6	0%	3 oz.	Canned White Tuna (oil packed)
17	0%	3 oz.	Canned White Tuna (water packed)
17	0%	3 oz.	Cooked Spiny Lobster
21.3	0%	3 oz.	Raw Eastern Oysters
34	1%	3 oz.	Wild Atlantic Salmon (Raw)
38.9	1%	1 leg	Alaskan King Crab
42.5	1%	3 oz.	Cooked Crayfish
49.3	1%	3 oz.	Cooked Smelt: 49.3IU
49.3	1%	3 oz.	Cooked Eastern Oysters (Wild)

53.6	1%	3 oz.	Cooked Eastern Oysters (Farmed)
56.1	1%	3 oz.	Canned Pink Salmon
74.8	1%	6 oz.	Wild Atlantic Salmon Filet (Cooked)
84.6	2%	1 filet	Cooked Atlantic Cod: 84.6IU
88.4	2%	3 oz.	Cooked Dungeness Crab
100.4	2%	1 filet	Cooked Walleye Pike
111.4	2%	3 oz.	Cooked Whitefish
135	3%	1 medium	Raw Pacific Oysters
151.2	3%	1 cake	Blue Crab Cakes
156.4	3%	3 oz.	Canned Salmon
159	3%	3 oz.	Canned Sockeye Salmon
160.9	3%	1 cup	Canned Sardines (drained)
167	3%	1 filet	Cooked Pacific Herring
255.9	5%	3 oz.	Cooked Shrimp
287.3	6%	6 oz.	Cooked Coho Salmon Filet (Wild)
328.1	7%	6 oz.	Cooked Sockeye Salmon Fillet
333.3	7%	1 filet	Cooked Grouper
334.9	7%	6 oz.	Cooked Coho Salmon Filet (Farmed)
391	8%	6 oz.	Farmed Atlantic Salmon Fillet
414	8%	3 oz.	Cooked Pacific Oysters
421.6	8%	3 oz.	Canned Clams
816	16%	12 oz.	Canned Eastern Oysters & Liquid
1083*	22%	20 small	Cooked Clams: 1083IU
3216*	64%	1 cup	Manhattan Clam Chowder

<u>IUs</u>	<u>DV</u>	<u>Qty</u>	<u>Poultry</u>
9.4	0%	3 oz.	Roasted Turkey Breast
9.4	0%	3 oz.	Roasted Turkey Drumstick
11.9	0%	3 oz.	Roast Turkey without skin
15.3	0%	3 oz.	Roasted Turkey Thigh

20.2	0%	1	Roasted Skinless Chicken Drumstick
29.4	1%	1 cup	Roasted Chicken Breast (chopped or diced)
31.3	1%	1	Roasted Chicken Boneless, Skinless Thigh
33.2	1%	1	Roasted Chicken Wings
33.2	1%	3 oz.	Roasted Turkey
42	1%	1	Roasted Chicken Drumsticks with skin
43.8	1%	1 leg	Roasted Boneless Skinless Chicken Leg (drumstick+thigh+back meat only)
56.1	1%	6 oz.	Lean Chicken Breast (Cooked)
57.2	1%	1 unit	Roast Goose (yield from 1 lb ready-to-cook goose)
75.4	2%	1 thigh	Roasted Chicken Thigh (with skin)
107.81	2%	1 cup	Roast Duck (chopped or diced)
175.4	4%	1 leg	Roasted Chicken Leg with skin (drumstick+thigh+back)

Eggs

IUs	DV	Qty	
245.1	5%	1 large	Egg Yolks (Raw)
260	5%	1 large	Hard Boiled Eggs
269	5%	1 large	Poached Eggs
270	5%	1 large	Eggs (Raw)
352.6	7%	1 large	Scrambled Eggs
362	7%	1 large	Fried Eggs
376.4	8%	1 large	Egg Omelet

Dairy

<u>IUs</u>	<u>DV</u>	<u>Qty</u>	<u>Cheese</u>
43.3	1%	1 tbsp.	Shredded Parmesan
117.9	2%	1 oz.	Romano Cheese
119.8	2%	1 oz.	Feta Cheese
136.6	3%	1 oz.	Mozzarella (Low fat)

158.2	3%	4 oz.	Cottage Cheese (Blended)
161.1	3%	1 tbsp.	Cream Cheese
192	4%	1 oz.	Mozzarella
211.6	4%	1 oz.	Mozzarella (Hard)
216.1	4%	1 oz.	American Cheese
216.3	4%	.75 oz.	Processed Pimento Cheese (1 slice)
221.8	4%	1 oz.	Grated Parmesan (Hard)
222	4%	1 slice	American Cheese Spread
235.4	5%	1 oz.	Mozzarella (Hard and Lowfat)
242.6	5%	1 cup	Plain Yogurt
249.9	5%	1 oz.	Provolone Cheese
276	6%	1 oz.	Grated Parmesan
278.3	6%	1 oz.	Sharp Cheddar Cheese (1 slice)
282.3	6%	1 oz.	Colby Cheese
297.3	6%	1 oz.	Swiss Cheese
321.2	6%	1 oz.	Processed American Cheese (With Vitamin D)
352.71	7%	1 oz.	Cheddar Cheese
551.8	11%	½ cup	Ricotta Cheese: 551.8IU (11% DV) in 1/2 cup
869	17%	1 cup	Monterey Cheese (shredded)
<u>IUs</u>	<u>DV</u>	<u>Qty</u>	<u>Milk/Cream</u>
53.6	1%	1 tbsp.	Cultured Sour Cream
106.9	2%	1 oz.	Half and Half Cream
395.3	8%	8 oz.	Whole Milk
438.1	9%	1 oz.	Heavy Whipping Cream
463.2	10%	8 oz.	Low-Fat Milk 2%
478.3	10%	8 oz.	Low-Fat Milk 1%:
499.8	10%	8 oz.	Skim Milk
698.7		½ cup	Ice Creams, Vanilla Rich

Starches

IUs	DV	Qty	
0	0%	1 cup	White and Yellow Cornmeal
0	0%	1 cup	Oatmeal
0	0%	1 cup	White Potatoes (Peeled)
0	0%	1 cup	Cornstarch
0	0%	1 cup	Couscous
0	0%	1 cup	Rice (Brown or White)
0	0%	1 cup	Rice Noodles
0	0%	1 cup	Pasta (unenriched)
2.8	0%	10 strips	French Fries
4.1	0%	1	Boiled Potatoes
7.8	0%	1 cup	Hashbrowns
10	0%	100 grams	Baked Potato
17.3	0%	1 medium	Baked Potato with Skin
22.8	0%	1 cup	Arrowroot, sliced
29.9	1%	1 large	Baked Red Potato (3" to 4-1/4" dia.)
33.6	1%	1 cup	Egg Noodles (Cooked)
79	2%	1 cup	Taro, sliced

Breads

IUs	DV	Qty.	
0	0%	1	Bagel
0	0%	1	Soft pretzels
0.3	0%	1 slice	White bread: .3IU in 1 slice
0.3	0%	1	Graham crackers
0.5	0%	1 slice	Toasted white bread
0.6	0%	1	English muffins
0.6	0%	1 slice	Wheat bread
1	0%	1 slice	Toasted Wheat Bread

1.4	0%	1 slice	French Bread
2.2	0%	1 slice	Rye Bread: 2.2IU in 1 slice
17	0%	1	Toasted Cinnamon Raisin Mini-Bagel (2-1/2" dia)
26.7	1%	1 oz.	Plain Buttermilk Biscuits
208.3	4%	1 mini	Butter Croissants
338.1	7%	1 small	Cheese Croissants

Pizza

IUs	DV	Qty.	
282.1	8%	1 slice	Cheese Pizza
405.2	8%	1 slice	Pepperoni Pizza
420.2	8%	¼ cup	Canned Pizza Sauce
408.3	8%	1 slice	Sausage Pizza

Deserts/Candy

IUs	DV	Qty	
2.8	0%	1 piece	Chocolate Cake (1/12 of a cake)
4.2	0%	1 piece	Carmel Candy:
14.2	0%	1 oz.	Dark Chocolate (45%-69% Cocoa)
21.3	0%	1 piece	Apple Strudel
39.4	1%	1 bar	Dark Chocolate (70-85% Cocoa)
47	1%	1 piece	White Cake with Coconut Frosting: 47IU (1/12 of 9" dia)
72.4	1%	1 piece	Yellow Cake with Vanilla Frosting: 72.4IU
133	3%	1 piece	Chocolate Cake (1/12 of 9" dia)
291	6%	1 piece	Upside-Down Pineapple Cake (1/9 of 8" square)

Fats

IUs	DV	Qty	
0	0%	1 tbsp.	Beef Tallow
0	0%	1 tbsp.	Lard

0	0%	1 tbsp.	Coconut Oil
0	0%	1 tbsp.	Cocoa Butter
0	0%	1 tbsp.	Olive Oil
0	0%	1 tbsp.	Avocado Oil
0	0%	1 tsp.	Bacon Grease
10.4	0%	1 oz.	Rendered Bacon Fat: 10.4IU in 1 oz
125	2%	1 pat	Salted Butter (1" sq, 1/3 Inch high)
354.9	7%	1 tbsp.	Unsalted Butter

Vegetables

IUs	DV	Qty.	
0	0%	1 cup	Mushrooms (most types)
0	0%	1 cup	Onions
0	0%	1 cup	Parsnips
0	0%	1 cup	Yellow Tomatoes
0	0%	1 cup	Hearts of Palm
0	0%	1 cup	Coconut
0	0%	1 cup	Okra
0.4	0%	1 tbsp.	Shallots
0.7	0%	1 small ear	Sweet White Corn
1.5	0%	1 serving	Sweet Onions
3.2	0%	1 cup	Onions, chopped
4.2	0%	1 cup	Cooked Onions
7.7	0%	1 cup	Shredded Coconut Meat (sweetened)
8.1	0%	1 cup	Radishes, slices
10.6	0%	1 olive	Green Olives
14.9	0%	1 cup	Cooked Cauliflower
17.5	0%	1 piece	Sun-dried Tomatoes
18.5	0%	1 cup	Artichokes (Globe or French)

30	0%	1 cup	Jerusalem-artichokes raw slices
43.8	0%	1 small	Dill Pickles
51.9	1%	1	Jumbo Olives, super colossal
54	1%	3 large	Olives
59.5	1%	1 cup	Cooked Beets
111.2	2%	1 cup	Pickled Beets slices
175.1	4%	1 cup	Green Chili Peppers
207	4%	1 cup	Yam, cubes
234.1	5%	1 small ear	Cooked Yellow Sweet Corn (5-1/2" to 6-1/2" long)
248	5%	1 cup	Zucchini, chopped
274.3	5%	1 cup	Canned Baked Beans: 274.3IU (5% DV) in 1 cup
287.4	6%	1 stalk	Celery (11 Inch-12 Inch long)
293.5	6%	1	Avocados, NS as to Florida or California
316.1	6%	1	Cucumber (8-1/4 Inch)
318.6	6%	1 tbsp.	Canned Pimentos
338.1	7%	1 cup	California Avocados, pureed
372	7%	1 large	Sweet Yellow Peppers (3-3/4 Inch long, 3 Inch dia)
421.6	8%	1 cup	Banana Peppers
428.4	9%	1	Red Chili Peppers
452.8	8%	1 cup	Cooked Okra slices
530.6	11%	1	Hot Green Chili Peppers
550	11%	100 grams	Salsa
551	11%	1 cup	Green Bell Peppers, chopped
566.9	11%	1 cup	Broccoli, chopped
631.8	13%	1 cup	Cooked Green Bell Peppers, chopped or strips
672.7	13%	1 cup	Stewed Tomatoes
684.8	14%	1 cup	Snow Peas, whole
690	14%	1 cup	Green Snap Beans (Raw) (1/2 Inch pieces)
781.6	16%	1 cup	Cooked Celery, diced

789.7	16%	1 medium	Green Tomatoes
791.3	16%	1 cup	Cooked Green Snap Beans
814.4	16%	½ cup	Pasta Sauce
1006.5*	20%	¼ cup	Canned Tomato Paste
1006.9*	20%	1	Cooked Leeks
1013*	20%	1 cup	Asparagus
1048*	21%	1 cup	Broccoli Raab (Rapini), chopped
1109.3*	22%	1 cup	Peas
1173.6*	23%	1 cup	Cooked Tomatoes
1241.2*	25%	1 cup	Cherry tomatoes
1275*	26%	1 cup	Canned Tomato Puree
1281.6*	26%	1 cup	Cooked Green Peas
1810.8*	36%	1 cup	Asparagus (Cooked)
2097.8*	42%	1 cup	Red Leaf Lettuce, shredded
2337.7*	47%	1 cup	Minestrone
2414.9*	48%	1 cup	Broccoli (Cooked), chopped
2665.8*	53%	1 cup	Green Leaf Lettuce, shredded
2813.1*	56%	1 cup	Spinach
3474.5*	69%	1	Dried Ancho Peppers
3725.9*	75%	1 medium	Sweet Red Bell Peppers (2-3/4" long, 2-1/2" dia.)
3853.1*	77%	1 NLEA serving	Cooked Broccoli Raab
3970.4*	79%	1 cup	Cooked Red Bell Peppers, strips
4093.7*	82%	1 cup	Romaine Lettuce, shredded
9800.6*	196%	1 cup	Sun-dried Hot Chile Peppers
11721.5*	234%	1 NLEA serving	Baby Carrots
12028.3*	241%	1 large	Carrots (7-1/4 Inch to 8-1/2 Inch long)
13285.7*	266%	1/2 cup	Cooked Carrots,slices
14099.8*	282%	1 cup	Cooked Pumpkin, mashed

14882*	298%	1 cup	Butternut Squash, cubes
18865.8*	377%	1 cup	Cooked Spinach
18868.7*	377%	1 cup	Sweet Potatoes, cubes
22867.8*	457%	1 cup	Cooked Butternut Squash, cubes
38129.4	763%	1 cup	Canned Pumpkin

Fruits

IUs	DV	Qty	
0	0%	1 oz.	Dried Apples (5 rings)
0	0%	1 oz.	Golden Seedless Raisins
0	0%	50	Raisins
0	0%	1	Asian Pears
2.1	0%	3	Dates (Deglet Noor)
2.4	0%	3	Dried Figs
23	0%	1 cup	White California or Florida Grapefruit, with juice
26.6	1%	1 cup	Bosc Pear, sliced
30.2	1%	1 small	Red Anjou Pears
33.5	1%	1	Limes (2 Inch dia)
35	1%	1 cup	Pears, slices
35	1%	1 cup	Green Anjou Pear, sliced
35.8	1%	1 date	Medjool Dates, pitted
39.2	1%	1 cup	Bartlett Pears, sliced
41.8	1%	1 cup	Apples (Without Skin), slices
48.2	1%	1 medium	Gala Apples
73	1%	1 medium	Fuji Apples
75.5	2%	1 medium	Bananas: (7 Inch to 7-7/8 Inch long)
75.9	2%	1 cup	White Grapefruit sections, with juice
79.9	2%	1 cup	Blueberries
85	2%	1 cup	Honeydew Melon, diced (approx 20 pieces per cup)

90	2%	1 large	Figs (2-1/2 Inch dia)
92	2%	1 cup	Grapes
95.7	2%	1 cup	Pineapple chunks
98.6	2%	1 cup	Cherries (Sweet), without pits
116.6	2%	1 medium	Red Delicious Apples
234.3	5%	3	Prunes (Dried Plums)
405	8%	1 cup	Oranges sections
407.6	8%	1 cup	Navel Oranges sections, without membranes
414	8%	1 cup	CA Valencia Oranges sections, without membranes

Spices/Herbs/Flavorings

IUs	DV	Qty.	
0	0%	1 tsp.	Cardamom, ground
0	0%	1 tsp.	Coriander Seed
0	0%	1 tsp.	Ginger
0	0%	1 tsp.	Garlic Powder
0	0%	1 tsp.	Onion Powder
0	0%	1 tsp.	White Pepper, ground
0	0%	1 tsp.	Turmeric, ground
0	0%	1 tsp.	Table Salt
0	0%	1 tbsp.	Apple Cider Vinegar
0	0%	1 tbsp.	Red Wine Vinegar
0	0%	1 tbsp.	Balsamic Vinegar
0	0%	1 tsp.	Vanilla extract
0	0%	1 tbsp.	Molasses
0.3	0%	1 clove	Garlic
9.7	0%	1 tsp.	Dried Parsley
269.9	5%	¼ cup	Cilantro
5054*	101%	1 cup	Fresh Parsley, chopped

Stock/Sauces

IUs	DV	Qty.	
0	0%	1 cup	Beef Stock
0	0%	1 cup	Beef Broth from Bouillon
0	0%	1 tbsp.	Oyster Sauce
0	0%	1 tbsp.	Soy Sauce
0	0%	1 tbsp.	Tamari
5.5	0%	1 tsp.	Yellow Mustard
7.2	0%	1 cup	Chicken Stock
7.6	0%	1 tsp.	Hot Sauce
13.4	0%	1 tbsp.	Worcestershire Sauce
38.1	1%	1 tbsp.	Barbecue Sauce
77.1	2%	1 tsp.	Tabasco Sauce
89.6	2%	1 tbsp.	Ketchup
526	11%	1 cup	Vegetable Broth

Beverages

<u>IUs</u>	<u>DV</u>	<u>Qty.</u>	<u>Alcohol</u>
0	0%	12 oz.	Beer
0	0%	1 oz.	Gin
0	0%	1 oz.	Rum
0	0%	1 oz.	Vodka
0	0%	1 oz.	Whisky
0	0%	5 oz.	White Wine
0	0%	5 oz.	Rose Wine
2.9	0%	5 oz.	Red Wine
<u>IUs</u>	<u>DV</u>	<u>Qty.</u>	<u>Non-Alcohol Drinks</u>
0	0%	12 oz.	Soft Drinks (incl. cola)
0	0%	8 oz.	Apple Juice
0	0%	8 oz.	Coffee

0	0%	16 oz.	Green Tea
0	0%	8 oz.	Lemonade: 0IU in 8 oz.
0	0%	8 oz.	Tap Water: 0IU in 8 oz.
24.7	0%	8 oz.	White Grapefruit Juice
121	2%	8 oz.	Lime Juice
496	10%	8 oz.	Orange Juice
500.6	10%	8 oz.	Campbell's Tomato Juice
1056*	21%	8 oz.	Grapefruit Juice
1086*	22%	8 oz.	Pink Grapefruit Juice
1999.9*	40%	8 oz.	Campbell's V8