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VITAMIN A CONTENT OF SELECTED FOODS

The following table lists the vitamin A content of 1 cup portions of selected foods:

<u>Food</u>	<u>Vitamin A (IU)/1 cup</u>
Beet Greens	44,000
Dandelion Greens	40,000
Kale	40,000
Broccoli Leaves	30,000
Chard	30,000
Mustard Greens	22,000
Spinach	22,000
Turnip Greens	22,000
Parsley	16,000
Endive	15,000
Collard Greens	12,600
Carrot	9,000
Apricot	7,500
Broccoli Florets	6,500
Yam	5,000
Pumpkin	5,000
Cabbage (inner and outer leaves)	5,000
Squash (Hubbard)	4,000
Sweet Potato	3,600
Peas (fresh)	3,000
Leaf Lettuce (dark green)	2,000
Squash (Summer)	2,000
Broccoli Stem	1,720
Watercress	1,562
Tomatoes	1,500
Peaches	1,000