

# **Dr. Crowley's Pharmacy**

## **Vitamin A**

Helps maintain healthy vision

Ensures the normal functioning of organs and the immune system

Helps establish normal growth and development of babies in the womb

Reduces cancer risk and keeps bones and teeth strong

**The following foods are a great source of Vitamin A**

### **Fish:**

**Tuna 6 oz fillet 1287 Mcg**  
**Sturgeon, cooked 3 oz 223.6 Mcg**  
**Salmon 6 oz fillet 117 Mcg**  
**Mahi Mahi, cooked 1 fillet 98.6 Mcg**  
**Whitefish, smoked 1 cup 77.5 Mcg**  
**Shrimp, cooked 3 oz 76.5 Mcg**  
**Snapper, cooked 1 fillet 59.5 Mcg**  
**Swordfish, cooked 3 oz 36.6 Mcg**  
**Trout, cooked 21.5 Mcg**

### **Fruit:**

**Cantaloupe 1 cup 299 Mcg**  
**Apricots, raw 1 cup 149 Mcg**  
**Pink Grapefruit 1 cup 133 Mcg**  
**Sour red cherries 1 cup 99 Mcg**  
**Mangos 1 cup 89 Mcg**  
**Papaya 1 cup 68 Mcg**  
**Tangerines 1 cup 66 Mcg**  
**Plums, 1 cup 28 Mcg**  
**Nectarines 1 cup 24.3 Mcg**

### **Vegetables:**

**Sweet potatoes, baked 1 cup 1922 Mcg**  
**Carrots, cooked 1 cup 1329 Mcg**  
**Butternut squash, cooked 1 cup 1144 Mcg**  
**Spinach, cooked 1 cup 943 Mcg**  
**Raw Carrots 1 large 601 Mcg**  
**Bok Choy, cooked 1 cup 360 Mcg**  
**Lettuce 1 cup 205 Mcg**  
**Red, orange and yellow bell peppers, 1 cup 198 Mcg**  
**Kale, cooked 1 cup 190 Mcg**  
**Green Leaf lettuce 1 cup 133 Mcg**  
**Broccoli, cooked 1 cup 120 Mcg**  
**Acorn Squash, boiled 1 cup 99 Mcg**  
**Asparagus, cooked 1 cup 90 Mcg**

***"Let food be thy medicine and medicine be thy food" Hippocrates***