

Table 1. Vitamin A content of selected raw vegetables and fruit

Vegetable	Vitamin A (IU/100 g)
Broccoli	623
Carrots	16706
Chard, swiss	6116
Chicory greens	5717
Collard greens	6668
Dandelion greens	10161
Kale	15376
Mustard greens	10500
Parsley	8424
Peas	765
Pepper, green	370
Pepper, hot chili, red	952
Pepper, red	3131
Pumpkin	7384
Spinach	9377
Squash, summer	200
Sweet potato	14187
Turnip greens	11587
Watercress	3191
Yams	138
Apricot*	1926
Cantaloupe	3382
Mango	765
Papaya	1094
Plantain	1127
Seaweed, spirulina, raw	56

* The apricot pit contains cyanide.