

VITAMIN A RICH FOODS



Goat liver
(बकरे का यकृत)
Vitamin A: 15655 mcg



Drumstick leaves
(सहजन के पत्ते)
Vitamin A: 2193 mcg



Fenugreek leaves
(मेथी के पत्ते)
Vitamin A: 1156 mcg



Carrot, orange
(ऑरेंज गाजर)
Vitamin A: 678 mcg



Sweet potato
(शकरकंद)
Vitamin a: 672 mcg

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g

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Egg poultry, whole raw
(अंडा)
Vitamin A: 198 mcg



Tomato
(टमाटर)
Vitamin A: 189 mcg



Musk melon
(खरबूजा)
Vitamin A: 96 mcg



PAPAYA
(पपीता)
Vitamin A: 87 mcg



Milk, whole, cow
(गाय का दूध)
Vitamin A: 60 mcg

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are retional equivalentents computed as beta carotene/8+ Retinol, per 100 g