

Food Sources of Vitamin A



Per 100g	Ug RE/100g Retinol Equivalent	Child's portion	Ug RE/portion/g
Dairy Products			
Semi-skimmed milk	20	180mls	36
Full fat milk	36	180mls	65
Skimmed milk powder*	350	Teaspoon 6g	18
Alpro Soya Milks	-		-
Full fat Greek yoghurt	115	90g	103
Oat Milks	-		-
Full fat yoghurt	105	90g	94
Fromage frais	82	90g	74
Low fat yoghurt	16	90g	14
Soya Yoghurt	-		-
Squirty cream	297	20mls	59
Double cream	860	20mls	170
Single cream	320	20mls	64
Butter	1065	7g	75
Dairy margarine*	700	7g	49
Vegetable margarine*	900	7g	63
Low Fat Spreads	900	7g	63
Cheddar type cheese	387	25g	97
Animal Sources			
Egg yolk raw**	535	1 yolk 20g	107
Egg yolk boiled	190	1 yolk 20g	38
Beef liver***	7313	20g	1462
Pork Liver pate	2554	20g	511
Cod Liver Oil***	18000	1 teaspoon 6g	1080
Mackerel	31	60g	18
Salmon	16	60g	10
Plant Sources			
Fresh carrots	3123	60g	1873
Canned carrots	2070	60g	1242
Sweet potato	3930	60g	2358
Spinach	3535	60g	2121
Curly kale	3145	60g	1887
Apricots tinned	810	60g	486
Canteloup melon	1765	60g	1059
Mango	69	60g	41

The Composition of Foods 6th Edition, McCance & Widdowson, Royal Society of Chemistry 2002

*Margarine may be fortified with a standard amount of Vitamins A & D

**Raw Egg Yolk from British Lion Eggs are certified safe for infants, children, in pregnancy and the elderly

***These foods and products should be avoided in pregnancy