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FAMILY NUTRITION NEWS

Vitamin A in Foods

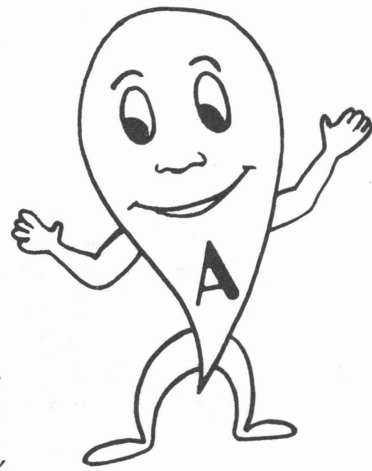
Dear Homemaker,

Everyone needs four servings of fruits and vegetables daily. Be sure to eat a vitamin A rich fruit or vegetable every other day.

The health of your skin is dependent upon vitamin A, which helps keep it soft and smooth. Vitamin A enables you to see in the dark, and it is also essential for the growth of children.

Important sources of vitamin A are:

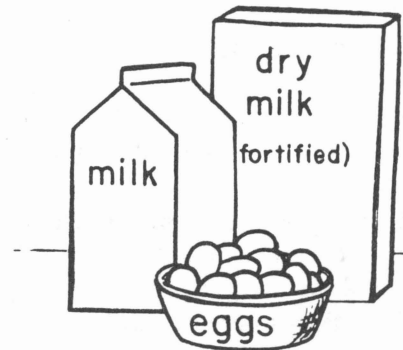
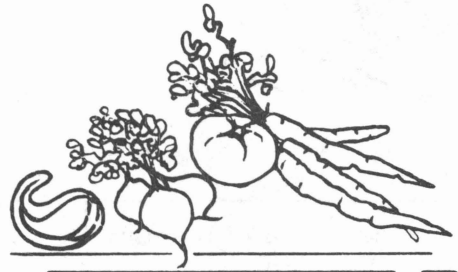
- LIVER, CANTALOUPE, and SWEET POTATOES
- Dark-green, leafy vegetables like SPINACH, KALE, TURNIPS, BEETS and MUSTARD GREENS
- Deep-yellow vegetables like CARROTS, SQUASH, and PUMPKIN
- Vitamin A is also found in these foods: APRICOTS, TOMATOES, EGG YOLKS, BUTTER and FORTIFIED MARGARINE, WHOLE MILK AND FORTIFIED DRY AND SKIM MILK



Don't forget to eat a vitamin A rich food at least every other day!

Sincerely,

Name and title



FOR VITAMINS AND MINERALS AND FOR COLOR AND VARIETY IN YOUR MEALS, INCLUDE

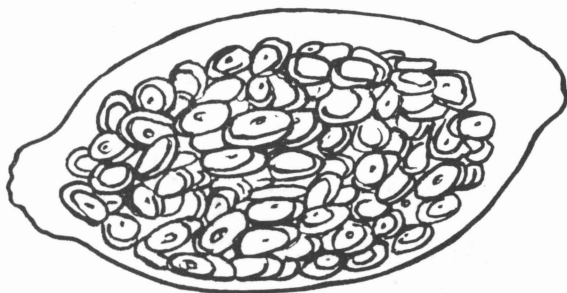
Vegetables

Here are some recipes that will help you get your share of vitamin A.

SKILLET SQUASH

¼ cup butter or margarine or bacon drippings	6 medium yellow squash, chopped finely
1 small onion, chopped finely	1 teaspoon salt
½ teaspoon pepper	¼ cup whole milk

Melt fat in skillet. Add chopped squash and onion. Cover. Cook until tender. Add salt, pepper and milk. Serve hot. Makes 5 servings.



BAKED CARROTS

4 cups chopped carrots
4 tablespoons fat
2 tablespoons sugar
1 teaspoon salt
¼ teaspoon pepper

Place carrots on a greased baking and add seasonings. Cover. Bake at 400°F. (hot oven) for 30 minutes or until tender.

MORE INFORMATION

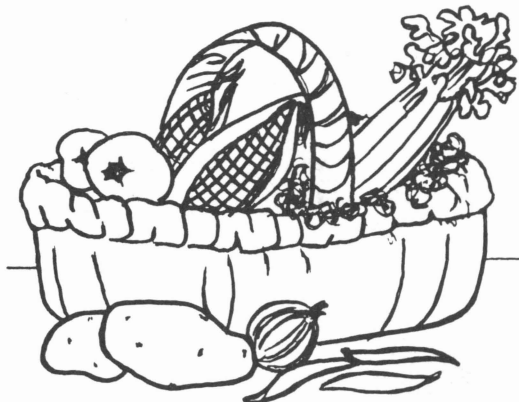
VEGETABLE BUYING TIPS

LOOK for vegetables that are well-formed, smooth, well-colored and firm.

AVOID vegetables that are large, have dark spots, are soft or have a moldy smell.

REMEMBER that appearance is your best guide to buying fresh vegetables.

STORE fresh vegetables in a cool, dry place.



This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by Virginia Cass Ryan, former Extension assistant foods and nutrition specialist - ENP, The Texas A&M University System.