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CURRENT SERIAL RECORDS



VEGETABLES and FRUITS FOR VITAMIN A

a good choice for the thrifty family

These Vitamin A
Foods are almost
always Good Buys



Fresh Collards,
Kale, Turnip
and other greens



SPINACH



FROZEN
MUSTARD GREENS

DARK GREENS



Carrots



Sweetpotatoes



PUMPKIN

DEEP YELLOWS

EAT ONE OR MORE VITAMIN A
FOODS EVERY OTHER DAY

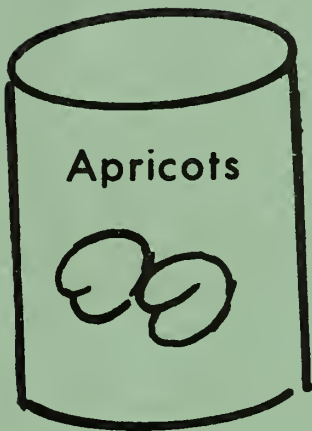
C&MS-27

U.S. Department of Agriculture • Consumer and Marketing Service • Agricultural Research Service



Some Vitamin A foods are Good Buys at certain times of the year

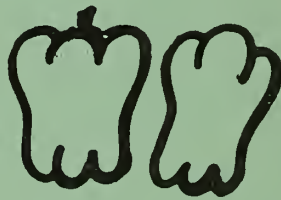
Buy These Foods When They are Low in Cost



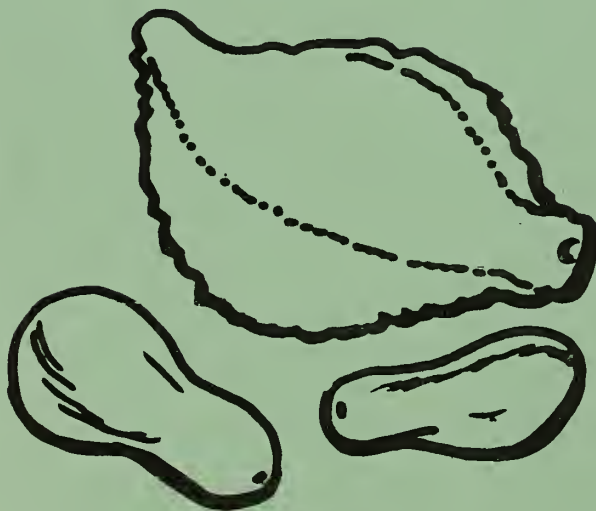
Apricots



Cantaloup



Red Peppers



Hubbard and Butternut Squash



FRESH

Broccoli