

S & S Nutrition Menu Systems, Inc.

Substitution Guidelines

Vitamin A Food Sources

<i>Fruits</i>	<i>Vegetables</i>	<i>Other Sources</i>
Cantaloupe	Sweet Potatoes	Liver
Mango	Carrots	Milk
Papaya	Spinach - canned and fresh	Yogurt
Apricots	Butternut Squash	Butter
Watermelon	Winter Squash	Kidney
	Green Onions	Egg Yolk
	Dark, green, leafy vegetables	Cheese
	Broccoli	
	Asparagus	
	Yams	
	Pumpkin	
	Tomatoes - cooked	
	Tomatoes - canned	
	Tomatoes - raw	
	V-8 Juice	



Vitamin C Food Sources

<i>Fruits</i>	<i>Vegetables</i>	<i>Juice</i>
Oranges	Peppers	Orange Juice
Grapefruit	Potatoes	Grapefruit Juice
Melons	Broccoli	Tomato Juice
Strawberries	Greens	V-8 Juice
Guava	Brussel Sprouts	
Cantaloupe	Cauliflower	
Papayas	Dark, green vegetables	
Mango	Lettuce	
Pineapple	Tomatoes	
Raspberries	Cabbage - type vegetables	
	Asparagus	
	Tomato	
	Butternut Squash	

