Plant and Eat for Vitamin A

Vitamin A is important for **eyesight** and helps **fight illness**.

High levels of Vitamin A:
- **4346 mcg/100gr** Carrot
- **3985 mcg/100gr** Orange-flesh sweet potato
- **2741 mcg/100gr** Kangkung
- **1019 mcg/100gr** Pumpkin
- **851 mcg/100gr** Ripe papaya

Lower levels of Vitamin A:

**Note:** Includes both types of Vitamin A (retinal and carotenes).
How can we plant more nutritious crops?

Plant and Eat for Iron

Iron is important for healthy blood and **prevents anaemia**. It also prevents illness and supports our **brains to function** well.

**High levels of Iron**

- **9.3** (mcg/100gr) - Black bean
- **6.7** (mcg/100gr) - Red bean
- **6.6** (mcg/100gr) - Soy bean
- **5.9** (mcg/100gr) - Peanut
- **2.4** (mcg/100gr) - Amaranth

**Lower levels of Iron**

**Note:** Applies when uncooked or dry.
Plant and Eat for Zinc

Zinc is important for good health. It helps **fight illness** and supports our **brains to function** well.

<table>
<thead>
<tr>
<th>Food</th>
<th>Zinc Content (mcg/100gr)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pumpkin seeds</td>
<td>5.0</td>
</tr>
<tr>
<td>Black bean</td>
<td>3.5</td>
</tr>
<tr>
<td>Soy bean</td>
<td>2.9</td>
</tr>
<tr>
<td>Mung bean</td>
<td>2.7</td>
</tr>
<tr>
<td>Peanut</td>
<td>2.0</td>
</tr>
</tbody>
</table>

**Note:** Applies when uncooked.
How can we plant more nutritious crops?

Discussion points

1. What do you see in this poster?
2. What are your key considerations when deciding which crops to plant?
3. From these photos, which crops do you normally plant?
4. How can better nutrition help farmers? Pregnant women? Small children?
5. What do you think about growing crops that are better for nutrition?

We can also get micronutrients from animal sources

Vitamin A

Iron

Zinc

Reference: ASEAN Food Composition Database 2014