VITAMIN A

Whole Lifecycle NUTRITION

Vitamin A is a fat-soluble vitamin that plays a vital role in maintaining good health. It is an essential nutrient that the body needs for various functions, including vision, immune function, and skin health.

HEALTH BENEFITS

Good Vision: Vitamin A is crucial for maintaining good vision, especially at night. It helps the eyes adjust to changes in light and helps us see in low light conditions. A deficiency in Vitamin A can lead to vision problems, such as night blindness.

Strong Immune System: Vitamin A plays a crucial role in supporting the immune system. It helps the body produce white blood cells, which are essential for fighting off infections and diseases. A strong immune system means that the body is better equipped to fight off sickness and disease, keeping us healthy and protected.

Healthy Skin: Vitamin A is essential for healthy skin. It helps the skin produce natural oils that keep it moisturized and protected. Additionally, Vitamin A helps with cell growth and repair, which is important for maintaining healthy skin. A lack of Vitamin A can lead to dry, rough, and flaky skin. In severe cases, it can also cause skin conditions such as acne and wrinkles.



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Vitamin A in food exists in two forms: preformed Vitamin A (retinoids) and provitamin A (carotenoids). Preformed Vitamin A is found in animal products like meat, dairy, and eggs, while provitamin A is found in plant-based foods like fruits and vegetables.

The body can use preformed Vitamin A right away, but it needs to convert provitamin A into active form before it can use it. Once converted, it is then stored in the liver and released into the bloodstream for use throughout the body.

FOOD SOURCES*

Carrots: 1 cup of chopped carrots has about 469% of the recommended daily value (RDV) of Vitamin A.

Sweet potatoes: 1 medium sweet potato has about 377% of the RDV of Vitamin A.

Spinach: 1 cup of raw spinach has about 28% of the RDV of Vitamin A.

Cantaloupe: 1 cup of cantaloupe has about 112% of the RDV of Vitamin A.

Apricots: 1 cup of dried apricots has about 93% of the RDV of Vitamin A.

Mangoes: 1 cup of sliced mango has about 36% of the RDV of Vitamin A.

Broccoli: 1 cup of cooked broccoli has about 24% of the RDV of Vitamin A

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Red bell peppers: 1 cup of chopped red bell pepper has about 21% of the RDV of Vitamin A.

Papaya: 1 cup of chopped papaya has about 11% of the RDV of Vitamin A.

Liver: 3 ounces of cooked beef liver has about 100% of the RDV of Vitamin A.

Butternut squash: 1 cup of cooked butternut squash has about 22% of the RDV of Vitamin A.



Note: The DV values are based on a 2000-calorie diet for healthy adults. DV values may be different for children, pregnant women, or individuals with certain medical conditions.

RECOMMENDED DIETARY ALLOWANCE*

The recommended daily value (RDV) of Vitamin A for adults is 900 micrograms (mcg) for men and 700 micrograms (mcg) for women.

***Retrieved from:** https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/*

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