

# WHAT IS VITAMIN A?

Vitamin A is a fat-soluble vitamin meaning it is absorbed, stored and transported in fat. It does much more than help you see in the dark. It helps regulate the immune system, plays an important role in bone growth and reproduction.

## What foods provide vitamin A?

- + Sweet potato
- + Carrot
- + Pumpkin
- + Cantaloupe
- + Apricot
- + Papaya
- + Mango
- + Dandelion greens
- + Kale
- + Spinach
- + Collard greens

Many deep orange colored fruits and vegetables are orange due to the large amount of beta carotene (natural coloring substances or pigments) in them. The body can change these pigments into vitamin A.

The more intense the color of a fruit or vegetable, the higher the beta-carotene content.



## How much do I need?

The best way to get the daily requirement of vitamin A is by eating a variety of foods.

Recommended Dietary Allowances (RDAs) for vitamin A:

Men: 900 mcg or (3,000 IU)

Women: 700 mcg or (2,333 IU)

## Am I getting enough?

Most people in the United States get enough vitamin A from the foods they eat, and vitamin A deficiency is rare. However, certain groups of people are more likely than others to have trouble getting enough vitamin A:

- + Premature infants, often have low levels of vitamin A in their first year.
- + Infants, young children, pregnant women and breastfeeding women in countries in which food sources are not readily available.
- + People with cystic fibrosis.

Check with your health care provider to see if you need to take a vitamin A supplement.

### References:

1. Vitamin A: MedlinePlus Medical Encyclopedia. (n.d.). Retrieved January 21, 2015, from <https://www.nlm.nih.gov/medlineplus/ency/article/002400.htm>



