

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
- Cantaloupe
- Apricot
- + Pumpkin

Carrot

- + Papaya

- Mango
- Dandelion greens
 Collard greens
- + Kale

- Spinach

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



What happens if I do not get enough?

While vitamin A deficiency is rare in the United States, it is common in countries in which food sources are not readily available.

• The most common symptom of vitamin A deficiency in young children and pregnant women is an eye condition called xerophthalmia. Xerophthalmia is the inability to see in low light, and it can lead to blindness if it is not treated.

Barley Risotto with Pomegranate

Ingredients:

- 1 small fennel bulb, cored and finely diced, plus 1 tbsp. chopped fronds
- ½ cup pearl barley or short-grain brown rice
- + 1 small carrot, finely chopped
- + 1 shallot, finely chopped
- 1 clove garlic, minced
- + 2 cups low sodium vegetable broth

- ¾ cup water, divided
- 1 ½ tbsp. dry white wine, non-alcoholic
- 1 cup frozen French-cut green beans
- 1 tbsp. grated Parmesan cheese
- + 2 tsp. freshly grated lemon zest
- ½ cup pomegranate seeds
- 4 acorn squash, split and steamed

Directions:

- 1. Coat a 4-quart or larger slow cooker with cooking spray.
- 2. Add diced fennel, barley, carrot, shallot and garlic into slow cooker.
- 3. Add broth, water and non-alcoholic wine and stir to combine.
- 4. Cover and cook until the barley is tender, but pleasantly chewy, and the liquid is thick and creamy, 2½ hours on low.
- 5. Preheat oven to 375 degrees.
- 6. Cut acorn squash in half. Remove seeds with spoon. In a 9x13 baking dish add ¼ inch of water.
- 7. Place squash inside face down and bake for 30 minutes or until tender.
- 8. Remove from oven and hold warm. Shortly before serving, cook green beans according to package instructions and drain.
- 9. Turn off the slow cooker. Stir the green beans, Parmesan and lemon zest into the risotto.
- 10. If it seems dry, add some warm water and stir into the risotto. Serve sprinkled with the chopped fennel fronds and pomegranate seeds. Fill each split acorn and serve.



Nutrition Facts

Serving Size 2 cups (453g) Servings Per Container 7 servings

Amount Per Serving		
Calories 200	Calories	from Fat 10
		% Daily Value
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 110mg		5%
Total Carbohydrate 48g		16%
Dietary Fiber 9g		36%
Sugars 10g		
Duntain Fa		

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

