



Vitamin A



Foods High in Vitamin A

- Sweet potatoes
- Spinach
- Pumpkin
- Carrots
- Broccoli
- Cantaloupe
- Fish
- Fortified foods
- Egg
- Tomatoes

What is Vitamin A?

Vitamin A is a fat-soluble vitamin also known as retinol. It is important for our vision, immune system, and reproduction. There are two forms of vitamin A, one is preformed vitamin A which comes from animal products, vitamin supplements, and fortified foods, while the other form is provitamin A carotenoids which can be found in plant foods.



Why do we need it?

- Vision
- Immune function
- Reproduction
- Antioxidant properties
- Bone health

Vitamin A deficiency is rare in the United States but it can cause:

- Dry eyes
- Dry skin or hair
- Night blindness
- Irregular patches on the white part of the eyes

Vitamin A overdose is more common than deficiency, the effects include:

- Dry skin
- Bright light sensitivity
- Pain in the bones
- Nausea and vomiting
- Vision change (blurry sights)
- Affects the benefits of vitamin D

Vitamin A Recommended Daily Allowances (RDA)

Gender	Age	RDA
Men	19 years and older	900 mcg/day
Women	19 years and older	700 mcg/day

Sources:
<https://www.hsph.harvard.edu/nutritionsource/vitamin-a/>

<https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>

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