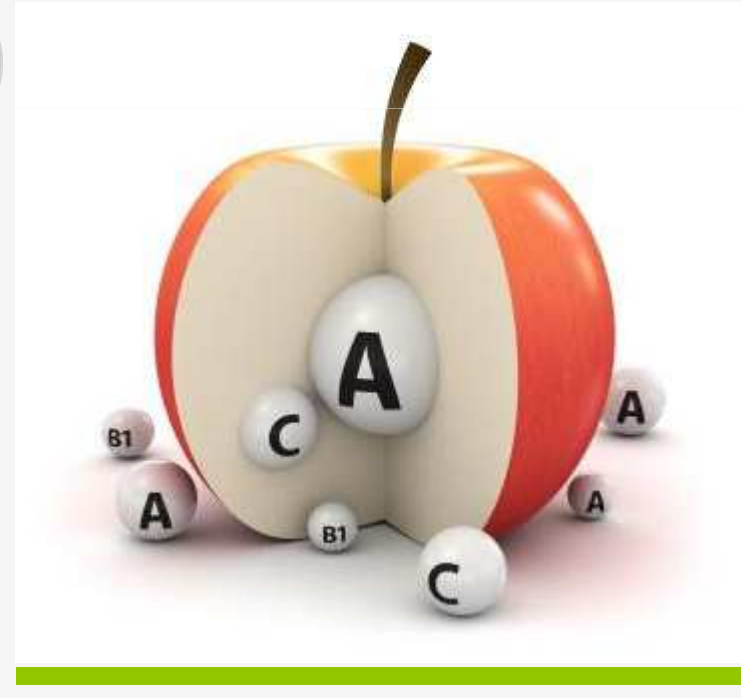
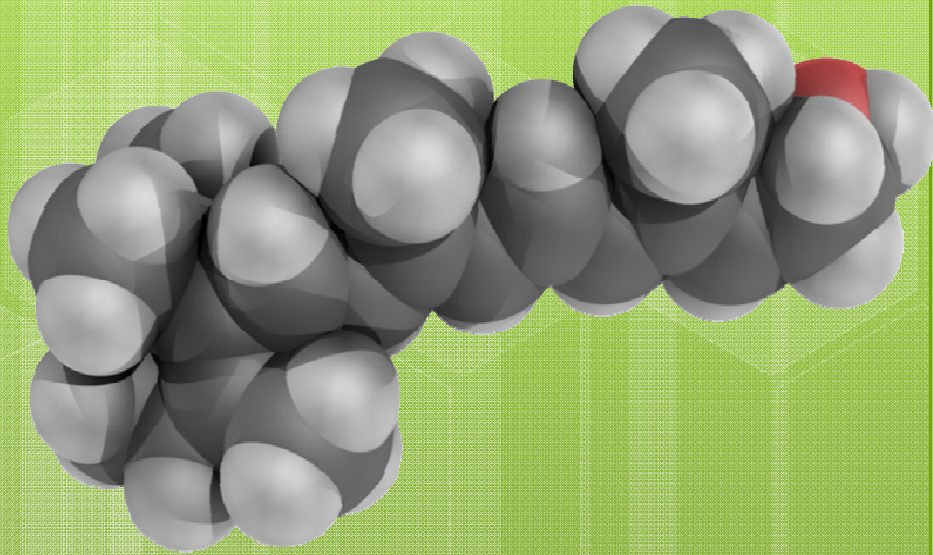
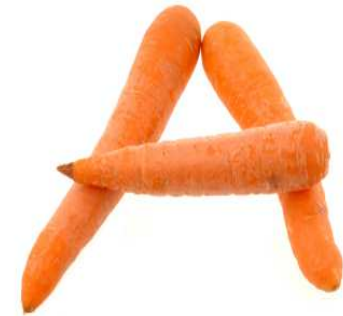


VITAMIN A



Vitamin A is also known as retinol and has several important functions.



These include:

- strengthening immunity against infections
- helping vision in dim light
- keeping skin and the linings of some parts of the body, such as the nose, healthy



Vitamin A is a fat-soluble vitamin so it only dissolves in fats such as oil.



**Vitamin A is found naturally
in many foods:**



- cod liver oil (30000 µg)
- liver (turkey) (8058 µg)
- liver (beef, pork, fish) (6500 µg 722%)
- liver (chicken) (3296 µg)
- dandelion greens (5588 IU 112%)[21]
- carrot (835 µg 93%)
- broccoli leaf (800 µg 89%)
- sweet potato (709 µg 79%)



○ butter (684 μg 76%)

○ kale (681 μg 76%)



○ spinach (469 μg 52%)

○ pumpkin (400 μg 41%)



○ collard greens (333 μg 37%)

○ Cheddar cheese (265 μg 29%)

○ cantaloupe melon (169 μg 19%)

- egg (140 μg 16%)
- apricot (96 μg 11%)
- papaya (55 μg 6%)
- mango (38 μg 4%)
- pea (38 μg 4%)
- broccoli (31 μg 3%)
- milk (28 μg 3%)
- tomatoes
- Seaweed





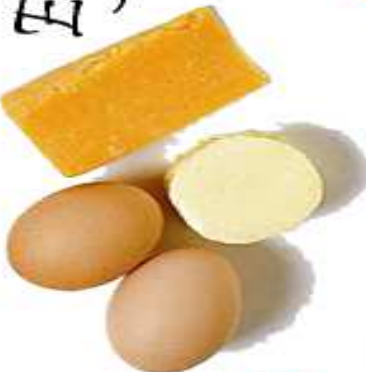
Carrots



Papaya



Meat



Eggs & Cheese



Sweet potato



Squash



Broccoli



Fish



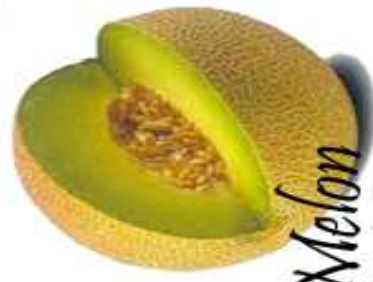
Mangoes



Peppers



Apricots



Melon



Avocado

How much vitamin A do I need?

The amount of vitamin A adults need is:

- 0.7mg a day for men
- 0.6mg a day for women

You should be able to get all the vitamin A you need from your daily diet.



**Any vitamin A your body
does not need immediately
is stored for future use. This
means you do not need it
every day.**

