

Information about Vitamin A

- Vitamin A helps maintain normal vision and keeps your skin and eyes and immune system healthy. It also promotes normal growth and development.
- Vitamin A is a fat-soluble vitamin that is stored in your body.
- You get vitamin A from some animal foods and plant foods. Plant foods contain carotenoids which is a form of Vitamin A. Carotenoids such as beta-carotene are converted to vitamin A in the body.

How Much Vitamin A Do I Need?

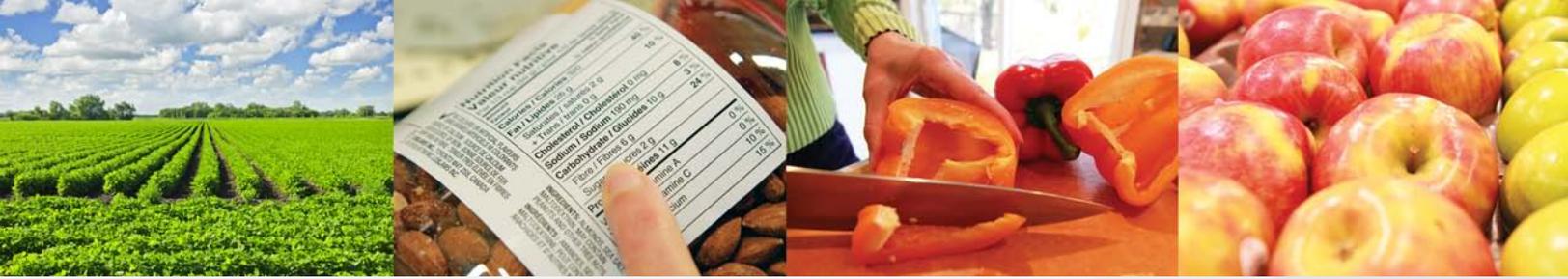
Age in Years	Daily Vitamin A Needs micrograms(mcg)/day*	Do Not Exceed** (mcg)/day
Men 19 and older	900	3000
Women 19 and older	700	3000
Pregnant Women 19 and older	770	3000
Breastfeeding Women 19 and older	1300	3000

* As retinol activity equivalents (RAEs)

**This amount includes animal sources of vitamin A and vitamin A supplements but not the Vitamin A (ie carotenoids) found in plant foods. You don't have to be careful about the amount of Vitamin A that you eat or take in a supplement that come from plant sources.

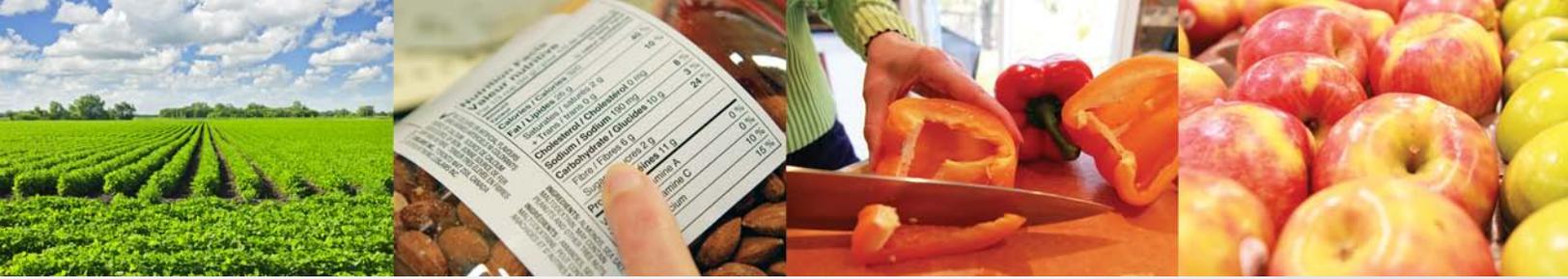
Vitamin A Content of Some Common Foods

The highest sources of vitamin A are liver, dairy products and fish. Carotenoids are found in high quantities in dark green and yellow, orange and red vegetables and fruit.

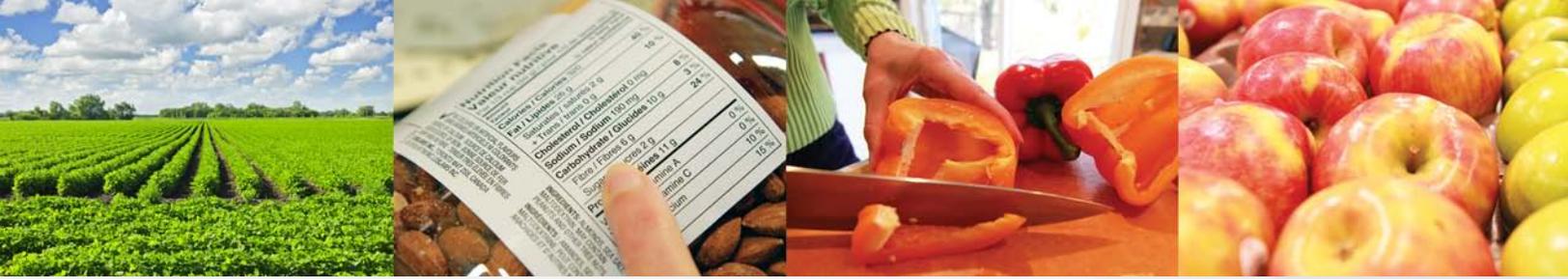


The following table will show you which foods are sources of vitamin A. The amount of vitamin A, listed for fruits and vegetables (also known as retinol activity equivalents/RAE) is the amount of vitamin A available after the body converts the carotenoids into vitamin A.

Food	Serving Size	Vitamin A (mcg) RAE
Vegetables and Fruits		
<i>Vegetables</i>		
Sweet potato, with skin, cooked	1 medium	1096
Pumpkin, canned	125 mL (½ cup)	1007
Carrot juice	125 mL (½ cup)	966
Carrots, cooked	125 mL (½ cup)	653-709
Squash, butternut, cooked	125 mL (½ cup)	604
Swiss chard, cooked	125 mL (½ cup)	566
Carrots, baby, raw	8 carrots (80 g)	552
Collards, cooked	125 mL (½ cup)	406-516
Carrot, raw	1 medium (61g)	509
Kale, fresh or frozen, cooked	125 mL (½ cup)	468-505
Spinach, cooked	125 mL (½ cup)	498
Turnip greens, cooked	125 mL (½ cup)	290-466
Vegetable and fruit juice cocktail	125 mL (½ cup)	267
Lettuce, romaine	250 mL (1 cup)	258
Lettuce, red leaf	250 mL (1 cup)	218
Bok choy, cooked	125 mL (½ cup)	190
Rapini, cooked	125 mL (½ cup)	150
Red peppers, cooked	125 mL (½ cup)	106



<i>Fruit</i>		
Apricots, dried	60 mL (¼ cup)	191
Apricot, canned	125 mL (½ cup)	169
Cantaloupe, raw	125 mL (½ cup)	143
Grain Products	This food group contains very little of this nutrient.	
Milk and Alternatives		
<i>Cheese</i>		
Goat, hard	50 g (1 ½ oz)	243
Processed, cheddar, fat free	50 g (1 ½ oz)	220
Goat, semi-soft	50 g (1 ½ oz)	204
Muenster, neufchatel, gruyere, cheddar, Colby	50 g (1 ½ oz)	132-158
Ricotta	125 mL (½ cup)	140-156
Blue/roquefort	50 g (1 ½ oz)	99-147
Processed cheese slices, cheddar		125
<i>Milk</i>		
Skim, 1%, 2%, chocolate milk	250 mL (1 cup)	137-163
3.3% homo	250 mL (1 cup)	119
Soy beverage	250 mL (1 cup)	103-104
Meat and Alternatives		
<i>Meat</i>		
Liver, turkey, cooked*	75 g (2 ½ oz)	16950
Liver, veal, cooked*	75 g (2 ½ oz)	15052-15859
Giblets, turkey, cooked	75 g (2 ½ oz)	8053
Liver, beef, cooked*	75 g (2 ½ oz)	5808-7082



Liver, lamb, cooked*	75 g (2 ½ oz)	5618-5836
Liver, pork, cooked*	75 g (2 ½ oz)	4054
Liver, chicken, cooked*	75 g (2 ½ oz)	3222
<i>Fish and Seafood</i>		
Eel, cooked	75 g (2 ½ oz)	853
Tuna, Bluefin, raw or cooked	75 g (2 ½ oz)	491-568
Herring, pickled	75 g (2 ½ oz)	194
Mackerel, cooked	75 g (2 ½ oz)	189
Clams, cooked	75 g (2 ½ oz)	128
Salmon, Chinook, cooked	75 g (2 ½ oz)	112 -118
Oysters, cooked	75 g (2 ½ oz)	110
Bluefish, cooked	75 g (2 ½ oz)	104
<i>Meat Alternatives</i>		
Egg, cooked	2 large	190-252
Fats and Oils		
Cod liver oil	5 mL (1 tsp)	1382

*Pregnant women should limit intake of liver to one serving every two weeks.

Source: "Canadian Nutrient File 2010"

www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/cnf_aboutus-aproposdenous_fcen-eng.php [accessed March 27, 2012]