



# VITAMIN

# A

## What Does Vitamin A Do?

Vitamin A is one of the four fat-soluble vitamins. It plays an important role in maintaining healthy eyesight, skin, and immune system function. It also works to further cell growth and reproduction

### Vitamin A: Recommended Dietary Allowance

Age	Men	Women
19+ years	900 mcg	700 mcg

Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington, DC: The National Academies Press. <https://doi.org/10.17226/11537>.

## Foods That Contain Vitamin A

- Beef
- Fish
- Eggs
- Milk:
- Sweet potatoes
- Carrots
- Spinach
- Kale
- Butternut squash
- Red bell peppers
- Cantaloupe
- Mangoes
- Apricots

/ <https://www.healthline.com/nutrition/foods-high-in-vitamin-a>