

Vitamin A

What is it?

Essential micronutrient- we need in our diet

A fat soluble vitamin that is stored in the liver

Sources of Vitamin A:

There are two main sources:

Animal sources (retinol) and plant sources (carotenoids).

Animal sources that are good sources: Liver, dairy products such as milk (including breastmilk) and cheese, butter, and egg yolks (not the whites). Animal muscles are not good sources.

Plant Sources: Mango, cantaloupe, squash, sweet potatoes, carrots, dark leafy greens, broccoli, and more. Think red, orange, yellow and dark green vegetables.

What is it good for?

While it's best known for its role in preserving eye health & vision, it also reduces the risk of acne and helps with skin growth repair to help with youthful looking skin. In addition, it's an antioxidant and may help protect from cancer(s), supports a healthy immune system, and supports bone health.

Can I get too much or too little in my diet?

Yes, while getting too much in your diet is rare through food sources, it can happen. Most toxicities of Vitamin A happen when high-dose supplementation is taken over a long period of time. Getting too little Vitamin A in your diet can happen also causing dry skin and eyes, night blindness, delayed growth, throat & chest infections, and acne. Most healthy adults need 700–900 mcg per day.

