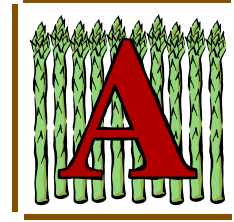


Vitamin A Fact Sheet



Why does the body need vitamin A?

Vitamin A helps:

- *To maintain vision in dim light
- *To keep skin smooth and healthy
- *To help you grow
- *To help keep your insides healthy (inner linings of the mouth, ears, nose, lungs, urinary and digestive tract)

What foods are good sources of vitamin A?

Many orange and dark green vegetables and fruits contain carotenes, natural coloring substances, or pigments. The body can change these pigments into vitamin A. The deeper the green or orange color of the vegetable or the fruit, the more carotenes (and thus vitamin A) it contains.

Green Vegetables - broccoli, asparagus, spinach, kale, chard, collards and beet, mustard, turnip or dandelion greens.

Orange Fruits and Vegetables - carrots, winter squash, sweet potatoes, tomatoes, pumpkin, apricots, cantaloupes, nectarines, peaches, papaya and mangoes.

Watch out! - Color is not always a way to recognize foods rich in vitamin A. Oranges, lemons, grapefruits or tangerines are orange or yellow in color but do not contain much carotene. Also, yams, in contrast to sweet potatoes, have no vitamin A value.

Is vitamin A stored in my body?

Yes, Vitamin A is stored in the liver, so a rich source of vitamin A does not have to be included in the diet every day. However, vitamin A foods included in the diet every day help to build the body reserve. This may be needed in the case of illness or any time when vitamin A is lacking in the diet.

How much vitamin A do I need every day?

Recommended intake based on the Dietary Reference Intakes (DRI) for Vitamin A in micrograms (mcg) of Retinol Activity Equivalents (RAEs) per day:

	<u>Males</u>	<u>Females</u>
1 – 3 years old	300 mcg RAE	300 mcg RAE
4 – 8 years old	400 mcg RAE	400 mcg RAE
9 – 13 years old	600 mcg RAE	600 mcg RAE
14 – 18 years old	900 mcg RAE	700 mcg RAE
19 years and over	900 mcg RAE	700 mcg RAE

How much vitamin A is in formula?

Phenyl-Free 1	460 mcg RAE per 100 gm dry powder
Phenyl-Free 2	430 mcg RAE per 100 gm dry powder



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