

VITAMIN A (RETINOL) FACTS

- Vitamin A is a fat soluble vitamin. It is essential for the formation and maintenance of mucous membranes, skin, bone and hair.
- Vitamin A helps us see at night and helps with our immune system. Vitamin A is also responsible for keeping our skin, eyes, membranes of mouth, throat, nose and lungs remain moist.
- Vitamin A is also referred to as Retinol.
- The RDA for Vitamin A is 700 mcg for women and 900 mcg for men. Vitamin A is one of the only vitamins where intakes are adequate for adults and children.
- A good source of Vitamin A will have substantial amounts of Carotene/Vitamin A and contains at least 10% of the vitamin.
- Too much Vitamin A can be toxic.
- Did you know that milk (whole, skim and reduced fat) is fortified with Vitamin A because it is lost during the processing, margarine is also fortified.
- Breakfast cereals, cream of wheat, oatmeal, and grits are all fortified with Vitamin A and usually contain about 25% of the RDA's for Vitamin A per serving. Just be sure to double check the nutrition facts label for the Vitamin A content per serving. When adding milk to your dry cereal you increase your Vitamin A consumption.
- The FDA sets regulations to define that a serving of food contains 20% or more of the RDA's can use terms like: "high", "rich in", or "excellent" source of Vitamin A.

GOOD FOOD SOURCES OF VITAMIN A

Food	Serving Size	Vitamin A in mcg
Liver	3 oz	9124 mcg
Salmon	3 oz	53 mcg
Tuna	3 oz	14 mcg
Egg	1 medium	84 mcg
Skim milk	1 cup	149 mcg
2% milk	1 cup	139 mcg
Swiss Cheese	1 oz.	65 mcg
Margarine	1 tsp.	46 mcg
Canned Pumpkin	½ cup	2712 mcg
Canned Sweet Potatoes	½ cup	1935 mcg
Raw carrots	½ cup	1913 mcg
Cooked Spinach	½ cup	739 mcg
Cooked Collard greens	½ cup	175 mcg
Broccoli	½ cup	175 mcg
Cantaloupe	¼ of a whole	430 mcg
Nectarine	1 medium	101 mcg
Watermelon	1 cup	59 mcg
Canned peaches	½ cup	47 mcg

Source: Brown, J.E. (2005) Nutrition Now. 4th Ed. Wadsworth Pub.. Pgs 20-8-20-17.
Ohio State University Extension Service.

Made Available By: Mandy G. Armentor, LDN, RD
Asst. Extension Agent (FCS-Nutrition)
Vermilion Parish Extension Service