



# VITAMIN A

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# VITAMIN A

**VITAMIN A** is important for many parts of your body. It is necessary for good vision at night, resisting infection and healthy skin. Children need **vitamin A** for proper growth. Pregnant women and nursing mothers need extra **vitamin A** to meet the growing baby's needs.

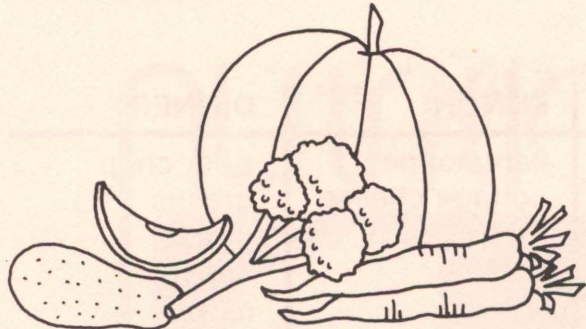


**EVERYONE** should have a serving of food high in **VITAMIN A** at least every other day. If you are pregnant or nursing, it's a good idea to eat a high **VITAMIN A** food every day.

## EXCELLENT VITAMIN A SOURCES

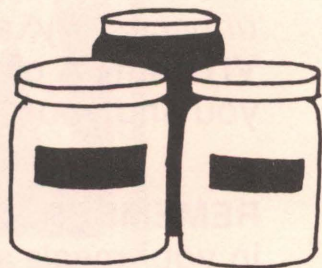
1 LIVER	2	3 CARROTS	4	5 APRICOTS	6	7 WATERCRESS
8	9 SQUASH	10	11 KALE	12	13 ASPARAGUS	14
15 SPINACH	16	17 CANTALOUPE	18	19 SWEET POTATO	20	21 PUMPKIN
22/29	23/30 COLLARDS	24	25 MANGO	26	27 BROCCOLI	28

**STAR** the sources that you and your children will eat every other day.



Most **VITAMIN A** sources are dark green or orange colored fruits and vegetables.

**INFANTS** can get all the **VITAMIN A** they need from formula or breast milk. When they begin drinking cow's milk (after 6 months of age), other sources of **VITAMIN A** are needed. Strained squash, carrots, apricots, sweet potato, or liver are good **VITAMIN A** sources for your infant.



**SNACKS** can be important sources of **VITAMIN A** especially if you are pregnant or nursing and need extra vitamin A.

Here are a few snack suggestions:

- raw carrots
- vegetable soup
- pumpkin pie
- apricot nectar

BREAKFAST	LUNCH	DINNER
dry cereal with apricots & milk scrambled egg toast butter	cantaloupe cottage cheese bread coffee	pork chop greens potato apple milk

In above chart, **CIRCLE** the **VITAMIN A** foods in each meal.

(milk, butter & eggs are fair sources)

**Answer:** apricots, greens, cantaloupe

For most people **VITAMIN A** pills are *unnecessary*; and *expensive*. Large amounts of **VITAMIN A** over a long time can be *harmful* to you and your children.

**REMEMBER . . .** include foods rich in vitamin A in your meals and snacks. The green or orange fruits and vegetables will also add color and variety to meal time!

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