



Nutrition Education



Vitamin A

What is Vitamin A?

Vitamin A is a fat-soluble vitamin that is most known for playing a key role in healthy vision. Vitamin A can come from both animal and plant sources. It can also be made from compounds in plant foods called, carotenoids. Many brightly colored orange, yellow, red and dark green fruits and vegetables contain carotenoids.

Did you know?

Spectrum meals provide 1/3 of your dietary recommended intake for Vitamin A, at least 3 times per week.

Look for the * symbol on our menu to identify our vitamin A sources.

What are the benefits of Vitamin A?

- Helps you to see at night and preserve vision
- Fights infections
- Maintains healthy skin and bones
- Regulates cell growth and division
- A key structural component in the development and maintenance of the heart, lungs, kidneys, and other organs

What are good sources of Vitamin A?

Red bell peppers, carrots, cantaloupe, kale, sweet potatoes, eggs, liver, apricots, Fortified Vitamin A milk, pumpkin, eel and more.



Here are some ways you can add vitamin A sources to your diet:

- Swap regular potatoes for sweet potatoes
- Add spinach in omelets, soups, salads, pasta, and rice
- Snack on carrots, red bell peppers & dried apricots
- Add canned pumpkin to pancake mix or whenever baking

Source:

The Academy of Nutrition and Dietetics
and
Understanding Nutrition
by Whitney and Rolfes

Created by: Heather Cuellar, RD

Presented by: Becky Bruno,
Spectrum Program Manager

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