

**FAT - SOLUBLE VITAMINS:  
VITAMIN A**

Patient Resource

# FAT - SOLUBLE VITAMINS : VITAMIN A

## Conditions that may affect intake or absorption

### Other names for Vitamin A

#### Retinoids

Retinol, retinal, or retinaldehyde

#### Carotenoids

$\alpha$ -,  $\beta$ -,  $\gamma$ -carotene

### Functions of Vitamin A

- antioxidant
- vision
- bone growth
- normal development
- reproduction
- cell functions
- immune system

- liver disease or damage
- osteoporosis
- nervous system disorders
- alcoholism
- iron status
- severity of infection
- parasites
- protein energy malnutrition
- vegetarianism
- food scarcity

### DON'T FORGET:

Vitamin A is stable in light, heat and usual cooking processes, but can be destroyed by drying, very high temperatures, and ultraviolet (UV) light.

### Food Sources of Vitamin A



#### Animal Sources

- cod & halibut liver oils
  - liver
  - kidney
  - egg yolk
- Dairy**
- milk
  - milk fat
  - cream
  - cheese
  - fortified nonfat milks
  - fortified margarine



#### Plant Sources

#### Colorful fruits & vegetables

##### FRUIT

- apricots
- cantaloupe
- peaches
- pink grapefruit

##### VEGETABLES

- beet greens
- broccoli
- butternut squash
- carrots
- collard greens
- kale
- pumpkin



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## Recommended Intake

The adequate intake (AI) for infants is based upon the amount present in human milk. The dietary reference intakes (DRIs) for adults are based on the amount of vitamin A needed to provide for healthy blood levels and liver stores. Increased amounts are recommended in pregnancy and during lactation to provide for the stores needed by the fetus as well as the levels needed in breast milk.

## Helpful Terms to Know

**Adequate Intake (AI):** recommended daily intake of a nutrient; established by Institute of Medicine (IOM) to meet or to exceed the needed amount to maintain adequate nutrition for most people in a particular stage of life or gender group; established when not enough evidence is available to determine the RDA

**Estimated Average Requirement (EAR):** computed using an allowance for adequate liver stores; children and adolescent requirements are adjusted using metabolic body weight

**Recommended Dietary Allowance (RDA):** covers the needs of 97-98% of individuals in a group; the average amount of a nutrient a healthy person should consume daily; varies by gender, age, and whether a woman is pregnant or breastfeeding; developed by the Food and Nutrition Board at the IOM of the National Academies

Recommended Dietary Amounts of Vitamin A (as RAEs)	
<b>AI for Infants</b>	
0-6 months	400 mcg/day
7-12 months	500 mcg/day
<b>EAR for Children</b>	
1-3 years	210 mcg/day
4-8 years	275 mcg/day
<b>RDA for Children</b>	
1-3	300 mcg/day
4-8	400 mcg/day
<b>EAR for boys</b>	
9-13 years	445 mcg/day
14-18 years	630 mcg/day
<b>RDA for boys</b>	
9-13	600 mcg/day
14-18	900 mcg/day
<b>EAR for girls</b>	
9-13 years	420 mcg/day
14-18 years	485 mcg/day
<b>RDA for girls</b>	
9-13 years	600 mcg/day
14-18 years	700 mcg/day
<b>EAR for men</b>	
19-69 years	625 mcg/day
<b>RDA for men</b>	
19-70 years	900 mcg/day
<b>EAR for women</b>	
19-70 years	500 mcg/day
<b>RDA for women</b>	
19-70	700 mcg/day
<b>Pregnancy</b>	
14-18 years	750 mcg/day
19-50 years	770 mcg/day
<b>Lactation (Breastfeeding)</b>	
14-18 years	1200 mcg/day
19-50 years	1300 mcg/day

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**RAE:** Retinol Activity Equivalent

