

VITAMIN A

Vitamin A Recommended Dietary Allowance

Ages	Male	Female	Pregnancy	Lactation
14-18 Years	900 mcg RAE	700 mcg RAE	750 mcg RAE	1,200 mcg RAE
19-50 Years	900 mcg RAE	700 mcg RAE	770 mcg RAE	1,300 mcg RAE
51+ Years	900 mcg RAE	700 mcg RAE	N/A	N/A

TOP FOOD SOURCES

- Beef liver, pan-fried, 3 ounces
 - 6,582 mcg RAE
- Sweet Potato, baked in skin, 1 whole
 - 1,403 mcg RAE
- Spinach, frozen, boiled, 1/2 cup
 - 573 mcg RAE
- Pumpkin pie, commercially prepared, 1 piece
 - 488 mcg RAE



FUNCTIONS

- Critical for vision
- Cell growth and differentiation
- Male and female reproduction
- Immune function



DEFICIENCY CONDITION

- Clinical sign is xerophthalmia, which is drying of the eye.
- Increased severity and mortality risk of infections and death

PERCENT DEFICIENT

- Deficiency is rare in U.S.
- 29% of children ages 6 months to 5 years from 138 low-income and middle-income countries had vitamin A deficiency.



FUN FACTS

- Premature infants, people with cystic fibrosis, and those with gastrointestinal disorders are at risk for vitamin A deficiency.
- Deficiency is one of the top causes of preventable blindness in children.
- Eating polar bear liver causes acute vitamin toxicity which can to death.