

# Vitamin A

## Fact Sheet

**Vitamin A** is a fat-soluble vitamin that is stored and metabolized in the fatty tissue of the body. This vitamin helps to colour the world; by adding colour to foods, plants and even birds!

Vitamin A and its precursor, beta-carotene, aid in a variety of health boosting roles! Learn more about this vitamin on our blog.

### How much do you need?

Age	Recommended Dietary Allowance (mcg/IU)	
	Female	Male
1-3 years	300/1000	300/1000
4-8 years	400/1333	400/1333
9-13 years	600/2000	600/2000
14-18 years	700/2333	900/3000
18+ years	700/2333	900/3000
Pregnancy	770/2567	
Lactation	1300/4000	
Upper Limit	3000/10000	3000/10000

### How much is that in terms of food?

Food	Serving Size	Vitamin A (IU)
<b>Meat and Poultry</b>		
Game meat, liver cooked	2 ½ oz (75g)	25167.5
Chicken, rotisserie	2 ½ oz (75g)	57.2
<b>Fish and Shellfish</b>		
Arctic char, cooked	2 ½ oz (75g)	29.8
Salmon, cooked	2 ½ oz (75g)	31.2
Shrimp, cooked	2 ½ oz (75g)	226
Tuna, light, canned in water	2 ½ oz (75g)	40.4
<b>Meat Alternatives</b>		
Beans, baked, canned with tomato sauce	¾ cup (175ml)	155
Tofu, regular, medium firm	½ cup (125g)	210
Chickpeas, canned	¾ cup (175ml)	28
Nuts, pistachio, whole pieces	¼ cup (60ml)	155
Eggs	2 eggs	456
<b>Grains</b>		
Pasta, egg noodles, spinach	½ cup (125ml)	1862
Cornmeal	½ cup (125ml)	130
Pasta, spaghetti	½ cup (125ml)	52
Barley, cooked	½ cup (125ml)	45

Food	Serving Size	Vitamin A (IU)
<b>Vegetables and Fruits</b>		
Kale, raw	1 cup (250mL)	1598
Kale, cooked	½ cup (125ml)	8853
Spring mix	1 cup (250mL)	8690
Tomato sauce, canned	½ cup (125ml)	530
Carrot, boiled, drained	½ cup (125ml)	13286
Carrot raw	½ cup (125ml)	1069
Pumpkin	½ cup (125ml)	19065
Squash, winter, butter-nut, raw	½ cup (125ml)	11434
Red bell Pepper	½ cup (125ml)	2333
Broccoli, boiled, drained	½ cup (125ml)	1207
Peas, green, frozen, boiled, drained	½ cup (125ml)	1680
Melon, cantaloupe, raw	½ cup (125ml)	373
Canned fruit, packed in juice (orange, peach)		
Peach, raw	1 medium	489
Plum, raw	1 medium	471
<b>Milk and Dairy Products</b>		
Milk, Fluid, partly skimmed 1%	1 cup (250ml)	478
Cheese, Cheddar	1 ½ oz (50g)	422
Yogurt plain 2%	¾ cup (175g)	98

### How to get your daily total:

Option 1	
½ cup cooked kale with dinner	8853
<b>Total = 8853 IU</b>	

Option 2	
Mixed green salad with roasted chickpeas for lunch	8690 28
<b>Total = 8708 IU</b>	

Option 3	
1 cup milk with breakfast with 2 eggs	478 456
1 cup of carrots at lunch as a side to your sandwich	2138
<b>Total = 3072 IU</b>	

