



VITAMIN A

Did you know???

Vitamin A (**retinol**) is needed to see at night. Vitamin A helps in your immune defense by **creating immune cells and maintaining physical barriers to pathogens** by replenishing our skin and intestinal cells. Vitamin A is a fat-soluble nutrient that is an **antioxidant**, meaning it **protects your cells from damage** from oxygen free radicals that are made when your cells metabolize oxygen.

Vitamin A plays a role in determining what type of tissue each of your cells become, so it is especially important during embryonic development.

NUTRITIONAL FACTS

FOOD	QTY	VITAMIN A	DAILY %	CARBS	PROTEIN	CALS
Sweet Potato	1 Cup	37931iu	1264	45.7g	4.2g	229
Beef Liver	100g	31714iu	1057	5.1g	29.1g	191
Butternut Squash	1 cup	26771iu	892	17.5g	2.2g	96
Carrots	1 med	10191iu	339	4g	0.6g	25
Mango	1 ea	3636iu	121	44.4g	2.8g	201
Fennel	1 cup	3273iu	109	14.1g	4.2g	105
Bok Choy	1 cup	3127iu	104	0.8g	1g	9.1
Spinach	1 cup	2813iu	93	0.4g	0.9g	6.9g
Papaya	1 cup	2469	82	23.7g	1.2g	112