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Vitamin A is essential for maintaining healthy vision, immune function, and skin health.

It exists in two forms:

- Preformed Vitamin A (Retinol): Found in animal products.
- Provitamin A (Beta-Carotene): Found in fruits and vegetables and converted into Vitamin A by the body.

Top 15 Vegetables High in Vitamin A (Beta-Carotene)

| Vegetable | Vitamin A (µg RAE per 100g) |
|-------------------------|------------------------------------|
| Sweet Potatoes (Baked) | 1,040 µg |
| Carrots (Raw) | 835 µg |
| Pumpkin (Cooked) | 532 µg |
| Spinach (Cooked) | 573 µg |
| Kale (Cooked) | 681 µg |
| Butternut Squash | 532 µg |
| Collard Greens (Cooked) | 380 µg |
| Red Bell Peppers (Raw) | 157 µg |

| Vegetable | Vitamin A (µg RAE per 100g) |
|-------------------|------------------------------------|
| Broccoli (Cooked) | 120 µg |
| Lettuce (Romaine) | 436 µg |
| Swiss Chard | 370 µg |
| Dandelion Greens | 508 µg |
| Beet Greens | 400 µg |
| Cabbage (Raw) | 98 µg |
| Asparagus | 38 µg |

Top 10 Fruits High in Vitamin A (Beta-Carotene)

| Fruit | Vitamin A (µg RAE per 100g) |
|-----------------------|------------------------------------|
| Mango | 54 µg |
| Cantaloupe Melon | 169 µg |
| Papaya | 47 µg |
| Watermelon | 28 µg |
| Grapefruit (Pink/Red) | 58 µg |
| Apricots (Raw) | 96 µg |
| Guava | 31 µg |
| Tomatoes (Raw) | 42 µg |
| Passion Fruit | 64 µg |
| Tangerines | 34 µg |

Top 10 Animal-Based Sources (Retinol - Preformed Vitamin A)

| Animal Product | Vitamin A (µg RAE per 100g) |
|-----------------------|------------------------------------|
| Beef Liver (Cooked) | 9,442 µg |
| Cod Liver Oil | 30,000 µg |
| Lamb Liver | 7,500 µg |
| Egg Yolks | 149 µg |

| Animal Product | Vitamin A (µg RAE per 100g) |
|------------------------|------------------------------------|
| Butter | 684 µg |
| Cheddar Cheese | 265 µg |
| Chicken Liver (Cooked) | 3,280 µg |
| Salmon | 59 µg |
| Tuna (Canned in Oil) | 252 µg |
| Milk (Whole) | 68 µg |

Herbs and Spices

| Herb/Spice | Vitamin A (µg RAE per 100g) |
|-------------------|------------------------------------|
| Paprika | 2,300 µg |
| Parsley (Fresh) | 421 µg |
| Basil (Fresh) | 264 µg |
| Coriander (Fresh) | 337 µg |
| Oregano (Dried) | 85 µg |

Recommended Daily Intake (RDI)

- Men (19+ years): 900 µg RAE/day
- Women (19+ years): 700 µg RAE/day
- Pregnant Women: 770 µg RAE/day
- Children (1-8 years): 300-400 µg RAE/day

Benefits of Vitamin A

- Vision: Supports low-light and color vision.
- Immune Health: Strengthens the immune system.
- Skin Health: Promotes healthy skin and prevents dryness.
- Growth and Development: Essential for cellular growth.

Tips to Maximize Vitamin A Absorption

1. Pair with Healthy Fats – Vitamin A is fat-soluble; consume with olive oil, nuts, or avocados.
2. Eat Fresh and Cooked – Light steaming enhances absorption of beta-carotene.
3. Balance Plant and Animal Sources – Include both retinol (animal) and beta-carotene (plant) for well-rounded intake.

Did You Know?

- Beef liver contains over 900% of the daily recommended value for Vitamin A in a single serving!
- Carrots are one of the most efficient sources of beta-carotene.
- Excessive Vitamin A (especially from supplements) can lead to toxicity. Stick to whole foods for safety.