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CC260 How Much Vitamin A are You Eating?

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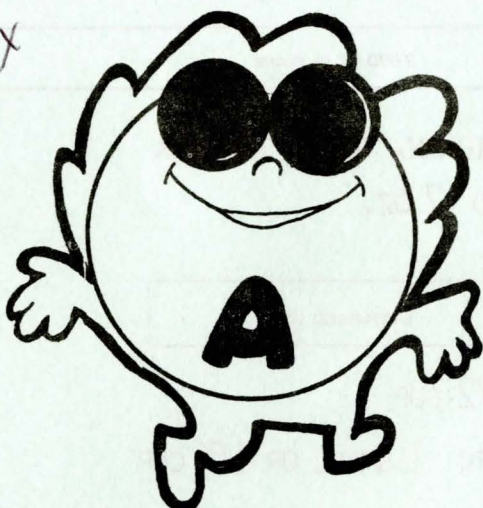
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HOW MUCH VITAMIN A ARE YOU EATING?
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VITAMIN A HELPS:

- KEEP THE LINING OF YOUR MOUTH, NOSE,
THROAT AND DIGESTIVE TRACT HEALTHY.
- FIGHT GERMS
- KEEP YOUR SKIN SMOOTH
- YOUNG PEOPLE GROW

HOW MUCH VITAMIN A DO YOU NEED EACH DAY?

CHILDREN 0 - 6 MONTHS	35%	(1400 IU)	FEMALES 11 YEARS & OVER	100%	(4000 IU)
6 MONTHS - 3 YEARS	50%	(2000 IU)	MALES 11 YEARS & OVER	125%	(5000 IU)
4 - 6 YEARS	60%	(2500 IU)	EXPECTANT MOTHERS	125%	(5000 IU)
7 - 10 YEARS	80%	(3300 IU)	NURSING MOTHERS	150%	(6000 IU)

Note: In this chart 100% is equal to the N.R.C. 1973 Recommended Daily Dietary Allowances for women 23 - 50 years; other percentages are in relation to it.

TO CHECK-UP ON THE VITAMIN A YOU ARE EATING, FOLLOW THESE STEPS:

1. WRITE DOWN WHAT AND HOW MUCH YOU HAD TO EAT AND DRINK SO FAR TODAY. (IF YOU PREFER, WRITE WHAT YOU HAD TO EAT AND DRINK IN THE LAST 24 HOURS.)
2. CHECK TO SEE WHICH FOODS YOU ATE ARE ON THE LIST ON THE OTHER SIDE OF THIS SHEET. THEN WRITE DOWN THE PERCENT OF YOUR DAILY VITAMIN A NEEDS PRESENT IN THE FOODS YOU ATE. ADD UP THE PERCENTAGES. COMPARE WITH THE PERCENT YOU NEED (SEE CHART ABOVE).
3. PLAN WHICH FOODS YOU NEED TO EAT FOR THE REST OF THE DAY TO MEET YOUR VITAMIN A NEEDS, OR PLAN FOR TOMORROW IF YOU PREFER.

VITAMIN A IS STORED IN THE BODY; THEREFORE YOU CAN EAT MORE ON SOME DAYS THAN OTHERS. JUST BE SURE YOU AVERAGE CLOSE TO YOUR DAILY NEEDS.

VITAMIN A IN FOODS--PERCENT OF DAILY NEEDS

200% EACH

7600 IU or more

LIVER - BEEF, CALF OR LAMB
COOKED 1 OZ.

LIVER - CHICKEN, TURKEY OR PORK
COOKED 2 OZ.

150% EACH

5100-6900 IU

DARK GREEN LEAFY VEGETABLES,
("GREENS") COOKED 1/2 CUP

CARROTS 1/2 CUP
SWEET POTATO 1 SMALL OR 1/3 CUP

75% EACH

2500-3500 IU

APRICOTS 6 HALVES

PEPPERS, HOT, RED CHILI - DRIED 1 TSP.

CANTELOUPE 1/4 MELON

PUMPKIN, COOKED 1/4 CUP, OR

WATERMELON 1 SLICE (6" DIAM X 1 1/2")

PUMPKIN PIE 1/8 OF 9" PIE

BROCCOLI, COOKED 2/3 CUP

SQUASH, WINTER, COOKED 1/4 CUP

25% EACH

800-1200 IU

TOMATO 1 MED. OR 1/2 CUP

PEACH 1 MED.

TOMATO JUICE 1/2 CUP

NECTARINES 2 SMALL

10% EACH

300-500 IU

MILK, WHOLE 1 CUP

BUTTER 1 TABLESPOON

MILK, SKIM OR LOW FAT (FORTIFIED
WITH VITAMIN A) 1 CUP

MARGARINE 1 TABLESPOON

CHEESE: AMERICAN; SWISS; CREAM;
PROCESS CHEESE FOOD; 1 OZ.

EGG YOLK 1 MED.
GREEN AND YELLOW VEGETABLES, COOKED 1/2
CUP (OTHER THAN THOSE MENTIONED ABOVE)

CUSTARD, BAKED 1/2 CUP

LETTUCE, ICEBERG 1/4 SMALL HEAD

ICE CREAM 2/3 CUP

LETTUCE, LEAF 1 1/2 LG. OR 3 SMALL LEAVES

PUDDING, MADE WITH MILK 1 CUP

PRUNES 4 MED.

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