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## G89-917 How Much Vitamin A Are You Eating?

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## How Much Vitamin A Are You Eating?

This NebGuide contains information to help you estimate the Vitamin A level of one day's food intake or menu. The content relates to people of all ages.

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- [How Much Vitamin A Do You Need Each Day?](#)
- [To Check up on the Vitamin A You Are Eating, Follow These Steps](#)
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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. 1980 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 following table. Then write down the percent of your daily Vitamin A needs that were present in the foods you ate. Add up the

percentages. Compare with the percent you need (see chart above).

- 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; 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	
<ul style="list-style-type: none"> <li>Liver--beef, calf or lamb, cooked, 1 ounce</li> </ul>	<ul style="list-style-type: none"> <li>Liver--chicken, turkey or pork, cooked, 2 ounces</li> </ul>
150% Each 5100-6900 IU	
<ul style="list-style-type: none"> <li>Dark green leafy vegetables, ("Greens") cooked, 1/2 cup</li> </ul>	<ul style="list-style-type: none"> <li>Carrots, 1/2 cup</li> <li>Sweet potato, 1 small or 1/3 cup</li> </ul>
75% Each 2500-3500 IU	
<ul style="list-style-type: none"> <li>Apricots, 6 halves</li> <li>Cantaloupe, 1/4 melon</li> <li>Watermelon, 1 slice (6" diam x 1 1/2")</li> <li>Broccoli, cooked, 2/3 cup</li> </ul>	<ul style="list-style-type: none"> <li>Peppers, hot, red chili--dried, 1 teaspoon</li> <li>Pumpkin, cooked, 1/4 cup, or pumpkin pie, 1/8 of 9" pie</li> <li>Squash, winter, cooked, 1/4 cup</li> </ul>
25% Each 800-1200 IU	
<ul style="list-style-type: none"> <li>Tomato, 1 medium or 1/2 cup</li> <li>Tomato juice, 1/2 cup</li> </ul>	<ul style="list-style-type: none"> <li>Peach, 1 medium</li> <li>Nectarines, 2 small</li> </ul>
10% Each 300-500 IU	
<ul style="list-style-type: none"> <li>Milk, whole, 1 cup</li> <li>Milk, skim or low fat (fortified with vitamin A), 1 cup</li> <li>Cheese: American; Swiss; Cream; Process cheese food; 1 ounce</li> <li>Custard,baked, 1/2 cup</li> <li>Ice cream, 2/3 cup</li> <li>Pudding, made with milk, 1 cup</li> <li>Butter, 1 tablespoon</li> </ul>	<ul style="list-style-type: none"> <li>Margarine, 1 tablespoon</li> <li>Egg yolk, 1 medium</li> <li>Green and yellow vegetables, cooked, 1/2 cup (other than those mentioned above)</li> <li>Lettuce, iceberg, 1/4 small head</li> <li>Lettuce, leaf, 1 1/2 large or 3 small leaves</li> <li>Prunes, 4 medium</li> </ul>

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#### **File G917 under: FOOD AND NUTRITION**

#### **C-2, Nutritive Value of Food**

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