

6 Great Ways to Get Vitamin A



Vitamin A is the name for a group of substances called retinoids. Vitamin A is necessary for good vision, a healthy immune system, and cell growth. There are two types of Vitamin A. Retinoids comes from animal products. Beta-carotene is among the second type of Vitamin A, which comes from plants. **Red peppers** are an excellent source of Beta-carotene; A half cup gives you almost half of what you need for a single day.



Spinach: Spinach is also in the Beta-carotene Vitamin A group. Unlike Retinoid Vitamin A sources, your body must process the Beta-carotene sources of Vitamin A before it can go to work. Spinach is a great source of Beta-carotene. 1 cup of chopped, fresh spinach provides 45% of your daily requirement while ½ c. of frozen, cooked spinach provides 164%.



Sweet Potatoes: Here is a good reason to load up your plate with these versatile veggies: They are a great source of Vitamin A. One baked sweet potato gives you more than 500% of the amount you need each day.



Pumpkin Pie: Vitamin A helps your heart, lungs, and kidneys do their work. So, if you are having dessert, think about a slice of pumpkin pie. It has plenty of beta-carotene, an antioxidant your body turns into Vitamin A.



Carrots: Vitamin A keeps your eyes working the way they should. People who do not get enough can have night blindness. Keep an eye out for chances to get your daily dose. Just a half cup of raw carrots will give you more than enough.



Low Fat Dairy Products: Not only do these foods provide calcium and other minerals that help keep bones strong, but these foods are also sources of Vitamin A. One cup of 1% low fat milk provides 11% of your daily Vitamin A requirement, while 6 ounces of light, fruit flavored yogurt (depending on the brand) provides approximately 17% of the daily requirement for Vitamin A. Read your food labels to be sure. The amounts of Vitamin A in different cheeses will vary, but they too are a good source.

