

Vitamin A

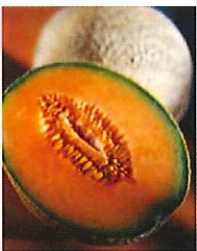


Why do you need Vitamin A?

- ◊ Helps with vision, especially at night
- ◊ Prevents infection
- ◊ Promotes healthy skin and hair
- ◊ Decreases risk of cancer due to antioxidants
- ◊ Helps to heal wounds, burns, and ulcers

Did You Know? In Ancient Egypt, it was thought that eating liver cured night blindness. This is because liver is

Vitamin A foods my family and I like are:



Best sources of Vitamin A

Apricots
Cantaloupe
Greens
Pumpkin
Winter squash

Broccoli
Carrots
Low fat milk
Sweet potatoes

How much Vitamin A do you need?

- ◊ Adults and children should eat a best source food of vitamin A every other day.
- ◊ Vitamin A can build up in your body. Signs of high vitamin A intake include: dry skin, weight loss, yellow skin, fatigue, and nausea.

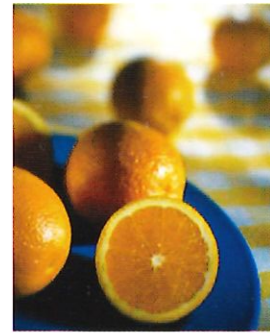
Sample Menu with foods high in Vitamin A

(Can you pick out foods that are rich in Vitamin A?)



Breakfast	Lunch	Dinner
Cantaloupe Cereal Low fat Milk	Grilled Cheese Sandwich Raw Carrot Sticks Low fat Milk	Chicken Mashed Potatoes Spinach Roll with butter Low fat Milk

Vitamin C



Why do you need Vitamin C?

Vitamin C is needed every day

- ◆ Helps form bones, teeth, muscle, and skin
- ◆ Helps promote healthy blood vessels and gums
- ◆ Helps prevent infection
- ◆ Helps to heal wounds
- ◆ Helps body use iron and prevents anemia
- ◆ Helps to prevent cataracts, some forms of cancer, and heart disease



Sample Menu of foods with Vitamin C

Breakfast

Cereal, Milk, Orange or orange juice

Lunch

Ham Sandwich with tomato slice, Cole slaw,
Low Fat Milk

Dinner

Grilled Chicken, Broccoli, Baked Potato,
Strawberry Shortcake

How much Vitamin C do you need?

- ◆ Men and women need 60 mg per day
- ◆ Smokers need 100 mg per day

Did you know?

One baked potato with broccoli and cheese has 150 mg. of Vitamin C or about twice your daily need.



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Best sources of Vitamin C

Citrus fruits and
juices
Grapefruit
Broccoli
Green Pepper
Strawberries
Brussel Sprouts

Good sources of Vitamin C

Tomato/Tomato juice
Greens
Honeydew melon
Sweet potato
Cabbage
Watermelon
Potato (baked)