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Vitamin A Everyday  
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# Vitamin A every day

## How do you Score?

By ANITA DEAN, Extension Specialist in Foods & Nutrition

You like liver paste? Cheese? How about a baked sweet potato? Peach cobbler—pumpkin pie with whipped cream—or fresh cantaloup?

You like 'em all? Good! Delicious, yes. But they're also packed with minerals, proteins, carbohydrates and vitamins. Especially Vitamin A.

You need Vitamin A for normal cell growth. You need it for normal vision in dim light. You need it for healthy, resistant skin and inner linings of the body.

Vitamin A occurs only in foods of animal origin such as meats, fish and eggs. However, many vegetables and fruits contain carotene, a substance which the body changes into Vitamin A. Largest amounts of carotene are found in dark green and deep yellow vegetables and deep yellow fruits.

Liver abounds in Vitamin A. Your own liver stores

it. If your diet is low in Vitamin A, the liver releases part of its store to meet your body needs. A deficiency may not develop for a long time, depending on how much Vitamin A is stored in the liver, and on the body's ability to use it. Your body can use the Vitamin A from your liver only if it is getting all the protein and fat and other essential vitamins it needs.

Can you get too much Vitamin A? Not from food alone. However, there are cases on record of *hypervitaminosis A* in both children and adults who took overdoses of Vitamin A concentrates (liquid and pills). The American Medical Association says "There is a definite possibility of harm from prolonged ingestion of Vitamin A in excess of 50,000 IU's daily." A healthy adult needs no more than 5,000 IU's of Vitamin A each day.

### How much Vitamin A do you need each day?

AGE GROUP	RECOMMENDED IU* ALLOWANCE
Adult	5,000
Infant	1,500
Child (1 to 3)	2,000
Child (3 to 6)	2,500
Child (6 to 10)	3,500
Child (10 to 12)	4,500
Child (12 & older)	5,000
Pregnancy	6,000
Lactation	8,000

\*IU stands for "International Unit," the standard measure of Vitamin A. These "Recommended Dietary Allowances," established by the National Research Council of the National Academy of Science, are considered adequate for maintaining good nutrition and health for all the U.S. population. They offer a wide margin of safety to

### How three children met their daily Vitamin A allowance

YEARS OF AGE	5	10	15
AMOUNT OF FOOD	IU	IU	IU
Milk, whole (3 or 4 cups)	1,050	1,400	1,400
Egg, medium (one)	590	590	590
Squash, winter (1 ½ Tbsp.)	718	—	—
Spinach (2 Tbsp.)	—	1,825	—
Carrots (¼ cup)	—	—	3,025
Butter or margarine (1 or 2 pats)	170	170	340
TOTAL	2,528	3,985	5,355

cover differences in individual requirements. Do not confuse them with "Minimum Daily Requirements" established by the U.S. Food and Drug Administration for labeling foods and special dietary products. Minimum daily Vitamin A requirements for adults are 4,000 IU's; children, 3,000; and infants, 1,500.

## How three adults met their daily Vitamin A allowance

AMOUNT OF FOOD	IU	AMOUNT OF FOOD	IU	AMOUNT OF FOOD	IU
Milk, whole (2 cups)	700	Milk, skim (2 cups)	20	Milk, fortified skim (2 cups)	1,000
Cheese, processed (2 oz.)	700	Cottage cheese, uncreamed (½ cup)	10	Cottage cheese, creamed (½ cup)	210
Ice cream (¾ cup)	390	Ice milk (¾ cup)	183	Beef liver, fried (2 oz.)	30,280
Eggs (2)	1,180	Egg (1)	590	Orange juice, frozen concentrate (½ cup)	275
Peas (½ cup)	430	Cantaloup (½)	6,540	Tomato, fresh (1)	1,640
Butter or margarine (2 Tbsp.)	940	Lettuce (1/6 head)	250	Broccoli, cooked (½ cup)	1,940
<b>TOTAL</b> (About 1 day's supply)	<b>4,340</b>	Corn, canned (½ cup)	345	<b>TOTAL</b> (About 1 week's supply)	<b>35,345</b>
		Peaches, canned (2 halves)	550		
		Butter or margarine (1 Tbsp.)	470		
		<b>TOTAL</b> (About 2 day's supply)	<b>8,958</b>		

## Your Daily Vitamin A Score

ANIMAL FOODS	IU	SCORE	PLANT FOODS	IU	SCORE
Butter or margarine (1 Tbsp. or 1 pat)	470	_____	Apricots, canned (½ cup)	2,255	_____
Cheese, cheddar or American (1 oz.)	370	_____	Asparagus (4 spears)	540	_____
Cheese, cottage, creamed (½ cup)	210	_____	Broccoli (½ cup)	1,940	_____
Cream, coffee (1 Tbsp.)	130	_____	Beans, snap, green (½ cup)	340	_____
Cream, heavy whipping (1 Tbsp.)	230	_____	Beans, Lima, cooked (½ cup)	240	_____
Cream, sour (1 Tbsp.)	100	_____	Carrots, cooked (½ cup)	7,610	_____
Imitation creamers, powdered (1 tsp.)	trace	_____	Carrots, whole (1) (or 25 strips)	5,500	_____
Imitation frozen whipped topping (1 Tbsp.)	30	_____	Spinach, greens (½ cup)	7,290	_____
Imitation powdered whipped topping, from whole milk (1 Tbsp.)	20	_____	Swiss chard, cooked (½ cup)	5,130	_____
Imitation sour cream, from nonfat dry milk (1 Tbsp.)	trace	_____	Lettuce, crisp head (1/6 head)	250	_____
Imitation whipped topping, pressurized (1 Tbsp.)	20	_____	Lettuce, leaf (2 leaves)	950	_____
Egg (1)	590	_____	Peaches (1)	1,320	_____
Ice Cream, 10% fat (1 cup)	590	_____	Peas, cooked (½ cup)	430	_____
Ice milk, hardened (1 cup)	280	_____	Pepper, green (1)	310	_____
Ice milk, soft serve (1 cup)	370	_____	Squash, winter (½ cup)	4,305	_____
Liver, cooked (2 oz.)	30,280	_____	Sweet potatoes, boiled (1)	11,610	_____
Liverwurst (2 slices)	1,310	_____	Sweet potatoes, canned (½ cup)	8,500	_____
Milk, whole (1 cup)	350	_____	Squash, summer, cooked (½ cup)	410	_____
Milk, nonfat or skim (1 cup)	10	_____	Tomatoes, canned (½ cup)	1,085	_____
Milk, nonfat skim, fortified (1 cup)	500	_____	Tomatoes, fresh (1)	1,640	_____
Yogurt, from skim milk (1 cup)	170	_____	<b>TOTAL (PLANT FOODS)</b>	_____	_____
Yogurt, from whole milk (1 cup)	340	_____	<b>TOTAL (ANIMAL FOODS)</b>	_____	_____
			<b>GRAND DAILY TOTAL</b>	_____	_____