

# 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 high in Vitamin A.

Vitamin A foods my family and I like are:

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## 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

Whole Grain Cereal, Milk, Orange or Orange juice

### Lunch

Turkey 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 needs.



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**275 EAST MAIN STREET, HS2W-D**  
**FRANKFORT, KY 40621-0001**  
**3.8 L Rev. 12/15 PAM-MCH-098**

Best sources of Vitamin C	Good sources of Vitamin C
Citrus fruits Grapefruit Broccoli Green Pepper Strawberries Brussels Sprouts 100% Fruit Juice	Tomato/Tomato juice Greens Honeydew melon Sweet potato Cabbage Watermelon Potato (baked)