









COVID-19 + VITAMIN A

Vitamin A is important to include in your diet because it plays a central role in normalizing our immune system and helps our bodies fight bacterial, parasitic, and viral infections.

Our bodies do not naturally produce *Vitamin A*, which means we must get it from external sources in our diet. Vitamin A can be found in yellow and orange fruits and vegetables, as well as dark leafy greens and dairy products.

Vitamin A Source	Serving	Milligrams
	1 whole	1.4
	1 cup	0.7
	½ cup	0.6
	½ cup	0.5
	1 cup	0.2
	1 cup	0.2
	1 cup (8 oz)	0.2
	1 large	0.08

The recommended dietary allowance (RDA) is **0.9 mg a day for adult men** and **0.7mg a day for adult women**. For breastfeeding women there is a higher RDA at 1.3mg a day. **Before taking any medications, over-the-counter drugs, supplements or herbs, consult a physician for a thorough evaluation.**