









## 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
	→	Sweet Potatoes ( <i>Baked</i> )	1 whole	1.4
	→	Kale ( <i>Cooked</i> )	1 cup	0.7
	→	Spinach ( <i>Frozen/Boiled</i> )	½ cup	0.6
	→	Carrots ( <i>Raw</i> )	½ cup	0.5
	→	Lettuce	1 cup	0.2
	→	Red Bell Pepper	1 cup	0.2
	→	Skim Milk	1 cup (8 oz)	0.2
	→	Egg ( <i>Hard Boiled</i> )	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.**