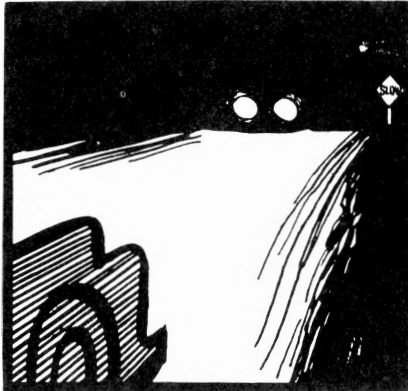


# VITAMIN A



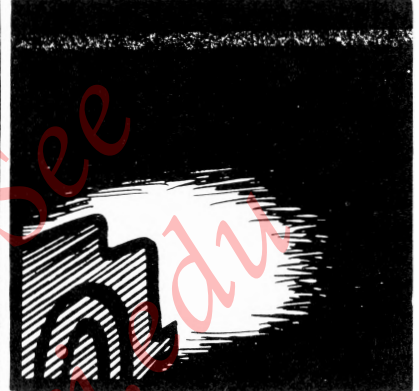
## How does Vitamin A affect YOUR driving?



After you meet a car at night,



Vitamin A helps your eyes adjust to dim light.



Lack of Vitamin A can make the road look like this.

You also need Vitamin A for growth smooth skin.

## COLOR

### is a clue.

Your body can make Vitamin A from yellow coloring matter in these fruits and vegetables.



### deep yellow

- cantaloupe (muskmelon)
- carrots
- pumpkin
- sweet potatoes
- yellow squash

### dark green leafy

- collards
- kale
- mustard greens
- spinach
- turnip greens

Liver and some red peppers give large amounts of Vitamin A. Your body also can get Vitamin A from apricots, broccoli, milk, cheese, eggs, butter, and fortified margarine.



Think of foods you might eat to get the recommended amount of Vitamin A this week.

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

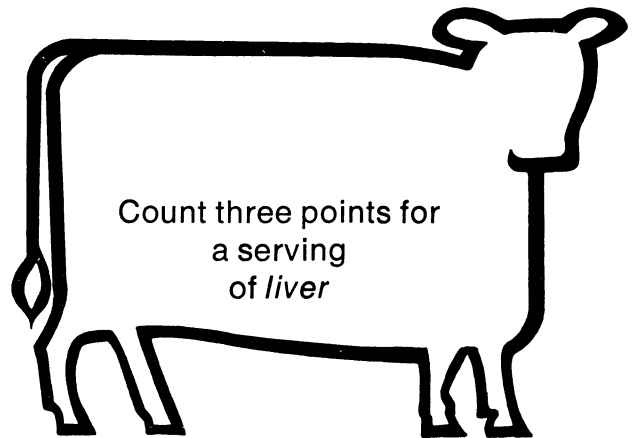
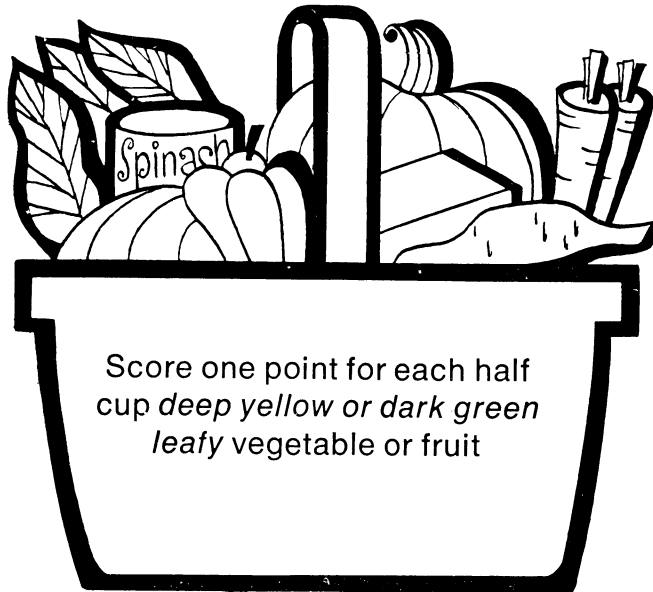
**Thursday**

**Friday**

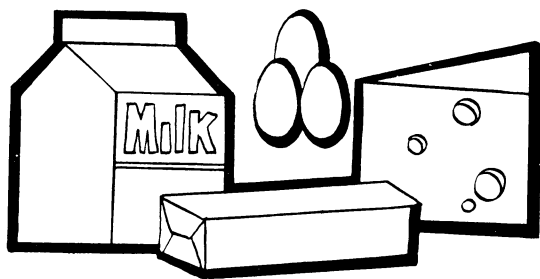
**Saturday**

# What's your score?

Make a *rough guess* of the amount of Vitamin A you got last week. Give yourself the following points:



Last week, did you have at least three servings of these fruits and vegetables ... OR one serving of liver?



Now add one point for the week if you had some of these every day.



Give yourself another point if you had a tablespoon of red hot chili peppers.

If you got four or more points for the week, you probably got the amount of Vitamin A that scientists recommend for teenagers.

# Can You get too much VITAMIN A?

Yes, but not from regular food. Some people took so much Vitamin A or Vitamin D, they got very sick. Your body can't get rid of excess Vitamin A, D, E, or K. *Take Vitamin pills only if your doctor tells you to.*

## How about **A** party?

Fix some new Vitamin A foods for your family and friends. You might try sweet potato pie or pumpkin bread. Dunk carrot sticks in a cheese dip or melt cheese in hot greens.



Freeze any cooked vegetables you want to keep more than a few days. This keeps bacteria from growing in them.

Have a garden? Always can vegetables (except tomatoes) in a *pressure* canner. This kills bacteria that might cause botulism (a serious food poisoning).

Prepared by Dr. Mary Jean Baker in collaboration with Dr. Evelyn H. Johnson, Dr. Rhonwyn Lowry, and Jean Brand, with consultation of a committee of county and State Extension workers.

Extension Service, U.S. Department of Agriculture.



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