Nutrition *Spotlight*

SFE

Vitamin A

Benefits of Vitamin A

✓ **Immunity-** Vitamin A strengthens the mucous membranes, the lining of the eyes, respiratory, urinary and intestinal tracts, it is also essential for the white blood cells that fight infection once in the body.

✓ **Eyes-** Vitamin A allows the eye to effectively distinguish between light and dark, thus improving night vision. Vitamin A is believed to fight against many eye diseases.

✓ **Bones and Teeth-** Dentin, which requires vitamin A will forms the hard layer of material within our teeth and ensure the strength. It also plays an important role in replacing worn out or old tissue with newer tissue to ensure healthy bones and teeth.

✓ **Cancer-** Vitamin A is a powerful antioxidant; it fights against oxidative stress within our bodies, thus protecting us from health problems.

✓ **Skin-** The antioxidant properties of vitamin A combat free radicals that can damage the skin through

Sources of Vitamin A

Broccoli

Peppers

Carrots

Mangos

Sweet Potato

Cantaloupe

Spinach

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