

Vitamin A

Information for parents and carers

Children with medical conditions or poor dietary intake can sometimes develop low vitamins and minerals levels. Whilst in many instances this can be managed with medication, it is also beneficial to ensure good dietary sources as well.

Your child has a low level of Vitamin A. The following contains some information on food sources to help improve this.

Vitamin A (also known as Retinol) is essential for helping your immune system work properly and for vision in dim light. It is also needed for the maintenance of healthy skin.





Best food sources:

- Oily fish – e.g. sardines, pilchards, mackerel, salmon, fresh tuna, herring
- Liver and liver products such as pâté
- Eggs
- Dairy products – milk, butter, cheese
- Fortified margarines and other spreads
- Yellow, red and green leafy vegetables – spinach, carrots, sweet potatoes and red / yellow pepper, butternut squash, pumpkin
- Yellow fruits such as apricots and mango

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