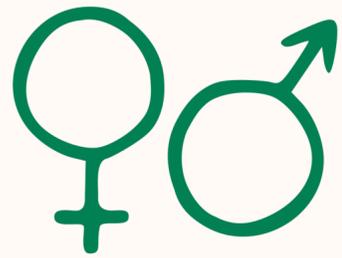




Vitamin A



What does it do?

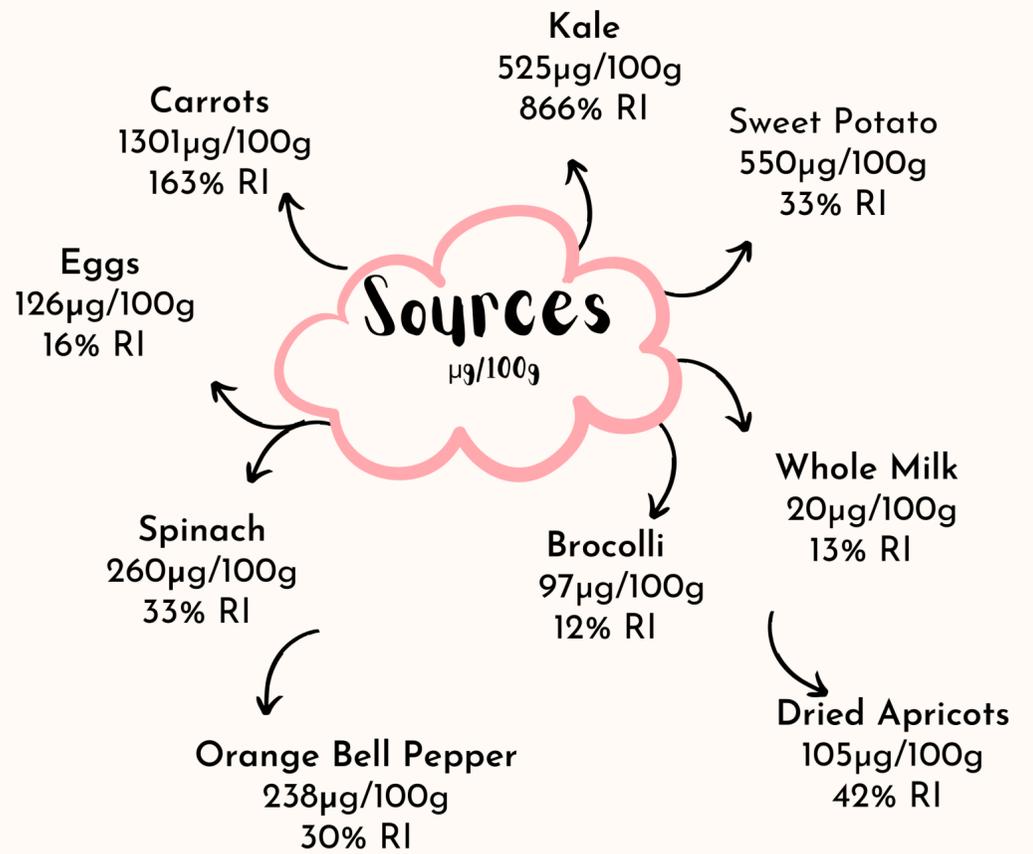
Acts as an anti-oxidant and assists in protecting the body against free radicals

Helps to support cell growth and differentiation

Essential for maintaining the male genital tract and spermatogenesis

Essential for development of the oocyte and growth of baby

Supports the immune system



How much do I need?

RI - Females:
600µg per day

RI - Males:
700µg per day

Pregnancy

Too much vitamin A can harm unborn baby. Avoid supplementation and foods high in vitamin A such as liver products.

Recipe Idea...

Sweet Potato Quesadillas

Ingredients

- 1 Wholemeal Tortilla
- ½ Small Sweet Potato
- ¼ Small Red Onion
- ½ Can Taco Bean Mix
- 15g Sweetcorn
- 30g Cheddar Cheese
- ½ Avocado (Mashed)
- Salt and Pepper
- 1-2tsp Vegetable Oil

Method

- Grate the sweet potato and finely dice red onion
- In a pan heat oil over a medium-high heat
- Add the sweet potato and red onion and flash fry for 5 minutes.
- Add the can of taco bean mix and sweet corn. Turn down heat and cook for another 5 minutes, stirring frequently.
- In a separate pan, heat a little more oil over a medium heat.
- Add tortilla to the pan and cover half with the quesadilla mix.
- Top with grated cheese, fold tortilla and cook for 2-3 minutes before flipping and cooking for another 2-3 minutes (until cheese has melted and tortilla crisps slightly)
- Scoop out half an avocado and mash with salt and pepper to taste and serve alongside quesadilla

Per Portion

Kcals: 660

Vitamin A: 562µg (70% RI)