**Vitamin A: role in our body and available sources**

Vitamin A is a fat-soluble vitamin that has antioxidants and found in fruits, vegetables, meat and dairy products. It enhances the vision, supports the immune system and assists in the functioning of the organs. The intake of this vitamin changes with the age group. It fights free radical formation that causes aging and also deadly diseases like cancer. Retinol and carotenoids are the two substances found in vitamin A.

**Nutritional Value of Vitamin A**

According to the RDA recommendations, 700 for women and 900 for men is the recommended dosage. Orange fruits and vegetables have high amounts of this vitamin. They have a compound called beta-carotene that is found largely in carrot, sweet potato and pumpkin. Leafy greens like kale, spinach, and broccoli also have high amounts of it. Since the vitamin is fat based, the body can absorb them a lot more efficiently. The animal-based fats have more fats and so you can regulate the fat amount to retain the nutritional value by cooking it in olive oil or simply baking it.

**Prevents cancer**

Cancer is one of the deadliest diseases we have encountered and cures are not here yet. It is crucial for us to take preventive methods against this disease. A study conducted at the University of York showed that increasing the intake of Vitamin A can treat many forms of cancer. This is possible due to the ability of the vitamin to control the growth of the malignant cells. It is still not advisable to take as many supplements. Consulting a doctor and regulating your diet should be the first step.

**Builds immune system**

Vitamin A has numerous health benefits, especially for children. Vitamin A supports the safe growth of fetal thus increasing the mortality rate. Vitamin A deficiencies make children more prone to measles and diarrhoea. It could also lead to blindness. If you look at the list of immunity-boosting foods in kids and adults, you can find foods with more Vitamin A in them at the top.

**Supports bodily functions**

Actions related to the central nervous system and other physiological functions require vitamin A. It is also needed for regulation of haemoglobin production. Even sperm cells need vitamin A intake. The liver, brain, stomach all need this vitamin. Proper digestion is vital to maintaining a strong immune system. The first step would be to have a stable metabolism which can be improved with more vitamin A intake.