

## Vitamin A

Vitamin A plays an important role in maintaining a healthy lining in the respiratory, urinary, and intestinal tracts. Unfortunately all-seed diets are deficient in vitamin A, and vitamin A deficiency may be associated with poor immune function and a breakdown in these linings, allowing bacteria and other pathogens to enter the body and cause infections like sinusitis.

Dietary carotenoids found in dark, leafy greens as well as yellow and orange vegetables serve as a source of “pre-vitamin A”.

Broccoli	Peas
*Carrots	Peppers: red, green, hot
Chard	Pumpkin
Chicory	Spinach
Collard greens	Squash
Dandelion greens	*Sweet potato
Kale	Turnip greens
Mustard greens	Watercress
Parsley	

\*Particularly rich sources of vitamin A

Fruits rich in vitamin A include apricot, cantaloupe, mango, and papaya.\*\* The blue-green algae, *Spirulina*, can also serve as a source of vitamin A.

\*\*The apricot pit contains cyanide.

## References

Annapurna VV, Deosthale YG, Bamji MS. Spirulina as a source of vitamin A. *Plant Foods Hum Nutr* 41(2): 125-34, 1991.

National Institute of Health Office of Dietary Supplements. Dietary Supplement Fact Sheet: Vitamin A and carotenoids. <http://dietary-supplements.info.nih.gov/factsheets/vitamina.asp>. Accessed Dec 10, 2007.