

# Vitamin A for Seniors

## Objectives

- Explain the importance of vitamin A for seniors.
- Identify benefits of adequate vitamin A and risks of deficiency.
- Share safe intake guidelines and food sources.

## Lesson Outline

### 1. Introduction

- Welcome and introduce vitamin A as a key nutrient for vision, immunity, and cell health

### 2. Benefits of Vitamin A

- Maintains healthy vision, especially night vision
- Supports immune system to fight infections
- Promotes healthy skin and cell growth
- May help protect against age-related macular degeneration (AMD)

### 3. Risks of Not Getting Enough

- Night blindness and vision loss
- Increased risk of infections (respiratory, urinary, gastrointestinal)
- Dry skin and hair, itching
- Severe deficiency can cause blindness and increase risk of death

### 4. Safe Intake and Food Sources

- Seniors should avoid more than 1.5 mg (1,500 µg) per day from food and supplements to lower osteoporosis risk
- Good sources: carrots, sweet potatoes, spinach, kale, eggs, dairy, and liver (limit liver intake)
- Supplements: Only if recommended by a healthcare provider

### 5. Practical Tips

- Eat a variety of colorful vegetables and fruits.
- Check supplement labels for vitamin A content.
- Discuss any vision or skin changes with your doctor.

### 6. Q&A and Activity

- Share favorite vitamin A-rich recipes.
- Review food labels together.

## Resources

- Mayo Clinic: Vitamin A Overview
- NHS: Vitamin A Guidelines
- NIH Office of Dietary Supplements: Vitamin A Fact Sheet

## Flier: Vitamin A for Seniors-See the Benefits!

### Why Vitamin A Matters

- Keeps your eyes sharp-especially at night!
- Boosts your immune system.
- Supports healthy skin and cell growth.

### Signs You May Need More Vitamin A

- Trouble seeing in low light or at night
- Dry eyes or skin
- More frequent infections

### Eat These for Vitamin A

- Carrots, sweet potatoes, spinach, kale
- Eggs and dairy
- Limit liver to once a week

### Be Careful!

- Too much vitamin A can weaken bones and cause other health problems-don't exceed 1.5 mg (1,500 µg) per day from food and supplements combined<sup>235</sup>.

*Talk to your doctor before starting supplements. For more info, visit the Mayo Clinic or NIH Office of Dietary Supplements.*

**Stay sharp. Stay strong. Get enough vitamin A!**