

The Importance of Vitamin A

Vitamin A is vital for baby's optimum vision development, bone growth, cell division and cell differentiation (such as when a cell becomes a brain cell, or blood cell or other specialized cell). It also strengthens his immune system so that he can prevent or fight off infections. Healthy lining of the lungs, eyes, urinary and intestinal track requires ample amounts of vitamin A.

Vitamin A comes in two forms in food.

1. The first form is found in animal foods, especially liver, whole milk, egg yolk, and fortified dairy products. It is vitamin A in the preformed state.
2. In plant foods, vitamin A is found in its provitamin state, most commonly as beta-carotene. The human body transforms beta-carotene into vitamin A. Deeply colored fruits and vegetables are high in beta-carotene. Carrots, mangos, spinach, sweet peppers and papaya are the richest sources.

Many of Earth's Best baby foods contain foods rich in beta-carotene. A daily serving of a vitamin A containing food is recommended by the USDA. You and your baby can choose from a wide variety of yummy foods like [Sweet Potato Cinnamon](#), [Pumpkin Apple](#), or [Pears and Mangos](#).