

HOW DOES VITAMIN A AFFECT HUMAN DEVELOPMENT?

GENNA MCCORMACK, DARIAN VANTUCCI, KATE COTTEN, LEA CARINA RIVERA

VITAMIN A: ESSENTIAL MICRONUTRIENT REQUIRED IN MANY SIGNALING PATHWAYS NEEDED FOR EMBRYONIC DEVELOPMENT, BUT IS NEEDED IN A CERTAIN QUANTITY



Figure 1.0 Vitamin A is found in foods such as tomatoes, sweet potatoes, carrots, red peppers and cheese. Fish and red meat also have high amounts of vitamin A.³

DEFICIENCY IN VITAMIN A	EXCESS IN VITAMIN A
LOSS OF EYES	LOSS OF EYES
SPINA BIFIDA	SPINA BIFIDA
CLEFT PALATE	CLEFT PALATE
ACCESSORY EARS	ABSENCE OF EARS
ECTOPIC OVARIES	FUSION OF VERTEBRAE
INCOMPLETE FORMATION OF THE LUNGS	INCOMPLETE FORMATION OF THE KIDNEYS

Table 1.0: The effects of vitamin A excess and deficiency on human development.²

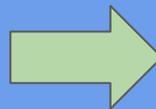
IS GETTING VITAMIN A SUSTAINABLE?



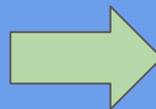
Adequate Vitamin A can be achieved via locally grown fruits and vegetables, excess amounts can be found in fish and cheese

Vitamin A sources can be locally grown

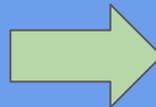
Leftover sources of Vitamin A can be composted



Plant Based diets lower the amount of emissions in the environment.¹



Locally grown food options decrease the amount of fossil fuels and help local ecosystems.¹



Composting helps to lower carbon footprint.¹

1. Bareja-Wawryszak O, Golebiewski J. Economical, Environmental and Social Significance of Local Food Systems. Review of Agricultural and
 2. MADEN M Vitamin A and the developing embryo Postgraduate Medical Journal 2001;77:489-491. Applied Economics. 2014;17(02):74-77.
 doi:10.15414/raae.2014.17.02.74-77
 3. "Office of Dietary Supplements - Vitamin A." NIH Office of Dietary Supplements, U.S. Department of Health and Human Services,
 ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/#en2.

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IS GETTING VITAMIN A SUSTAINABLE?



ADEQUATE VITAMIN A CAN BE ACHIEVED VIA LOCALLY GROWN FRUITS AND VEGETABLES, EXCESS AMOUNTS CAN BE FOUND IN FISH AND CHEESE → **PLANT BASED DIETS LOWER THE AMOUNT OF EMISSIONS IN THE ENVIRONMENT!**

VITAMIN A SOURCES CAN BE LOCALLY GROWN → **LOCALLY GROWN FOOD OPTIONS DECREASE THE AMOUNT OF FOSSIL FUELS AND HELP LOCAL ECOSYSTEMS.**

LEFTOVER SOURCES OF VITAMIN A CAN BE COMPOSTED → **COMPOSTING HELPS TO LOWER CARBON FOOTPRINT.** ¹

CITATIONS

1. Bareja-Wawryszak O, Golebiewski J. Economical, Environmental and Social Significance of Local Food Systems. Review of Agricultural
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2001;77:489-491. Applied Economics.
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3. “Office of Dietary Supplements - Vitamin A.” NIH Office of Dietary Supplements, U.S. Department of Health and Human Services,
ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/#en2.