

NUTRITION

Vitamin A for Babies: Vision, Immunity, and Best Foods

Vitamin A supports your baby's vision, immune system, and growth. Learn how much babies need and the best vitamin-A-rich first foods to offer safely.

Frequently Asked Questions

How much vitamin A does my baby need?

Babies 7–12 months need about 500 micrograms (RAE) of vitamin A per day. A varied diet with orange vegetables and leafy greens, alongside breast milk or formula, easily supplies this.

What are the best vitamin A foods for babies?

Sweet potato, carrot, and butternut squash are rich in beta-carotene, which the body turns into vitamin A. Leafy greens like spinach and some dairy and egg also contribute.

What is the difference between beta-carotene and retinol?

Retinol is the active form found in animal foods like egg and dairy. Beta-carotene is the plant form in orange and green vegetables that the body converts to vitamin A as needed.

Can a baby get too much vitamin A?

Excess preformed vitamin A (retinol), usually from supplements or liver, can be harmful. Beta-carotene from vegetables is safe; the body converts only what it needs. Avoid vitamin A supplements unless your pediatrician advises one.

Why does my baby's skin look slightly orange?

A harmless orange tint, called carotenemia, can appear when babies eat a lot of carrots, sweet potato, or squash. It is not dangerous and fades with diet variety. Mention it to your pediatrician if unsure.

Does vitamin A help with vision?

Yes. Vitamin A is essential for healthy eyesight, especially the ability to see in low light, and it also supports the immune system and growth.