## Important Facts about Vitamin A

- 1. Pregnant women need plenty of foods rich in Vitamin A
- 2. Children with diarrhoea need extra Vitamin A
- 3. Children need to be vaccinated against infectious diseases
- 4. Children with measles need extra vitamin A
- 5. Mother should breast feed their babies. A mother's milk is rich in Vitamin A
- 6. Breast feeding mothers need extra vitamin A