

Vitamin D

The Sunshine Vitamin



WHAT IS VITAMIN D AND WHY DO I NEED IT?

Vitamin D is a fat soluble vitamin. It is best known for its role in maintaining bones healthy. It may also play a part in fighting infections, keeping blood pressure within a healthy range, preventing some types of cancer and diabetes.

Some people can be at risk for not getting enough vitamin D because they are not getting enough through their diet or they may not get enough sun exposure.

HOW MUCH VITAMIN D DO I NEED?

Age	Children	Men	Women	Pregnancy	Lactation
Birth to 13 years	400 IUs				
14-18 years		800 IUs	800 IUs	1000 IUs	1000 IUs
19-50 years		800 IUs	800 IUs	1000 IUs	1000 IUs
51-70 years		800 IUs	800 IUs		
71+ years		800 IUs	800 IUs		

WHERE DO I GET IT?

You can get vitamin D from the sun; about 10-15 minutes of sun exposure on your face, hands and arms, without sunscreen, is enough to meet the needs of most people. Fatty fish, fish oil, and fortified foods are the best food sources of vitamin D. Supplements are also a good source of vitamin D but when getting a supplement make sure its vitamin D₃ (cholecalciferol – the most absorbable form) and do not go over the recommended IUs unless instructed to do so by your doctor.

FOOD SOURCE	AMOUNT PER SERVING (IUs)	FOOD SOURCE	AMOUNT PER SERVING (IUs)
Cod Liver Oil (1TBSP)	1360	Vitamin D fortified Soy milk	100
Salmon Cooked (3.5 ounces)	360	Margarine, fortified, (1TBSP)	60
Sardines, canned in oil, (1.75 ounces)	250	Breakfast Cereal, Fortified (1 serving)	40
Tuna Fish, Canned in oil (3 ounces)	200	Egg, (1 whole)	20
Milk , All fat levels, 1 cup	100	Cheese, swiss, (1 ounce)	10
Vitamin D Fortified orange juice (1cup)	100		