

## VITAMIN D

Vitamin D promotes calcium absorption to help maintain strong bones and prevent bone diseases such as rickets and osteoporosis. Without sufficient vitamin D, bones can become thin and brittle. Vitamin D may also play a role in protecting the body from high blood pressure, cancer and some autoimmune diseases.

Your body makes vitamin D when skin is directly exposed to the sun. However, some individuals may need to take vitamin D supplement to meet their daily requirement. Before taking any supplements, talk to your doctor first.



### Recommended Dietary Allowances (RDAs) for Vitamin D

Age	Male	Female	Pregnant	Breastfeeding
0-12 months	400 IU	400 IU		
1-13 years	600 IU	600 IU		
14-18 years	600 IU	600 IU	600 IU	600 IU
19-50 years	600 IU	600 IU	600 IU	600 IU
51-70 years	600 IU	600 IU		
70 years+	800 IU	800 IU		

### Sources of Vitamin D

Food	Serving Size	International Units (IUs)
Cod liver oil	1 tablespoon	1360
Salmon	3 ounces	447
Mackerel	3 ounces	388
Tuna fish	3 ounces canned in water	154
Tofu	1/5 block	120
Soymilk	1 cup	119
Milk	1 cup	115-124
Yogurt	6 ounces	80
Liver, beef	3 ounces cooked	42
Egg	1 whole	41
Cereal	1 cup	40