



Vitamin D in the Diet

Low levels of vitamin D can weaken bones, limit the absorption of calcium and phosphorus, and may increase cancer risk in the general population. Vitamin D deficiency remains common in children and adults.

How much vitamin D do I need?

- Most people need at least 800 International Units (IU) of vitamin D a day. New studies are pointing to daily requirements of 1000 IU a day.
- A vitamin supplement is needed to reach this level.
- The recommended form is vitamin D₃ or cholecalciferol. It is available over the counter at pharmacies, grocery stores and general merchandise stores.

What other sources of vitamin D are there?

- Sunlight is one of the best sources of vitamin D. 10-15 minutes per day of sun exposure is usually all it takes to have enough vitamin D. However, this is true in the summer months only.
- Food sources of vitamin D are limited. Milk and some milk products are fortified with low levels of vitamin D. Fatty fish like mackerel or canned sardines are good food sources of vitamin D.

Food	Vitamin D (IU/100g food)
Cod Liver Oil	8000-28000
Fish (salmon, sardines, tuna)	200-480
Margarine	200-240
Eggs	40-80
Butter	16-48
Cheese	4-12