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Vitamin D and Health

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Vitamin D helps build bones and protects from high blood pressure and stroke, some cancers, and autoimmune disorders. Low vitamin D may also put your child at higher risk for asthma.

People at risk for low vitamin D levels include those with extra weight and/or dark skin, those living in northern states, sunscreen users, and breastfeeding infants. Ten minutes a day in the sun, plus foods rich in vitamin D, is all that it takes to keep levels healthy.

Supplements

If your child's registered dietitian (RD) or doctor recommends a vitamin D supplement, choose vitamin D3 (cholecalciferol).

Vitamin D Recommendations by Age

Age	Recommended Dietary Allowance	Tolerable Upper Level
0-6 months	400 IU	1000 IU
6-12 months	400 IU	1500 IU

1-3 years	600 IU	2500 IU
4-8 years	600 IU	3000 IU
9-70 years	600 IU	4000 IU

Foods Recommended

Food	Serving Size	IU per Serving
Milk	1 cup	100+
Fortified cereal		*40
Fortified orange juice	1 cup	*140
Fortified yogurt	6 ounces	*80
Fortified margarine	1 Tablespoon	*60
Fortified soy, rice, and almond milks	1 cup	*100
Salmon, cooked	3 ounces	450
Swordfish, cooked	3 ounces	550
Tuna, canned in water	3 ounces, drained	150
Cheese		*6
Egg (yolk)	1 large	40
Cod liver oil	1 Tablespoon	1360

*Varies by brand; check product labels

If your child has extra weight (BMI >85%), ask a registered dietitian or doctor if weight loss is a good idea. If so, follow a dietitian's advice on how to cut out extra calories and build up your eating habits with healthy foods.

Notes

