



Vitamin D

Vitamin D is a fat-soluble vitamin found in food and can also be made by the body after exposure to ultraviolet (UV) rays from the sun.

The major function of vitamin D in the body is to help maintain normal blood levels of phosphorous and calcium, the latter which helps to form and maintain strong bones. Without vitamin D, bones can become thin and brittle. Other functions of vitamin D include: supporting immune function, and regulation of cell growth and differentiation (the process by which cells becomes specialized to the brain, lungs, skin or other tissues).

Signs and symptoms of vitamin D deficiency include: muscle weakness and loss of bone mineral density.

The major source of vitamin D in a typical American diet is fortified milk. Other good sources include: salmon, mackerel, tuna, sardines and cod liver oil. Please note, adequate sun exposure (at least 10-15 minutes daily) is necessary to prevent vitamin D deficiency.

Food Sources of Vitamin D

Food	Portion	Amount of vitamin D (IU)
Cod liver oil	1 Tbsp.	1,360
Salmon, cooked	3½ ounces	360
Mackerel, cooked	3½ ounces	345
Tuna fish, canned in oil	3 ounces	200
Sardines, canned in oil	3 ounces	250
Milk, 1%, 2%, skim or whole	8 ounces	98
Pudding, prepared from mix	½ cup	50
Ready-to-eat fortified cereals	1 cup	40
Egg yolk	1 whole	20
Beef liver, cooked	3½ ounces	15
Swiss cheese	1 ounce	12

Recommended Intakes for Vitamin D

Group	Amount
Adults >50 years	200 IU
Adults 50+ years	400 IU
Pregnancy	200 IU
Lactation	200 IU