

VITAMIN D: WHAT DOES THE DIETITIAN SAY?



Why do we need it? Vitamin D is important for bone health and several other body functions, like the immune system.

How do we get it? Our bodies can make some Vitamin D from sun exposure, but health professionals recommend limiting sun exposure due to skin cancer risk.

Some foods contain Vitamin D naturally, and others are fortified with it. Here are some sources of Vitamin D (* indicates a WIC-eligible food):

<i>Food</i>	<i>Serving</i>	<i>Vitamin D (IU)</i>
Pink Salmon, canned*	3 oz	530 IU
Tuna, canned*	3 oz	200 IU
Mackerel, canned	3 oz	213 IU
Milk, fortified*	8 fl oz	98 IU
Yogurt, fortified	6 oz	80 IU
Orange juice, fortified*	4 fl oz	50 IU
Cereal, fortified*	½ cup	20-25 IU
Whole egg (yolk included)*	1 whole	40 IU
Mushrooms*(when exposed to UV light)	1 cup	140 IU



How much do we need?

Infants and Children need 400 IU per day. Breastfed infants do not get enough from breastmilk alone, so it is recommended that **fully breastfed infants receive a supplement of 400 IU daily.**

Children should only be drinking up to 2 cups (16 fl oz) of milk daily, so they will likely need additional Vitamin D to meet recommendations. This can be achieved with very careful dietary planning, but a supplement of 400 IU daily may be necessary.

Got more questions? We understand! Ask to meet with one of the Registered Dietitians here at WIC!