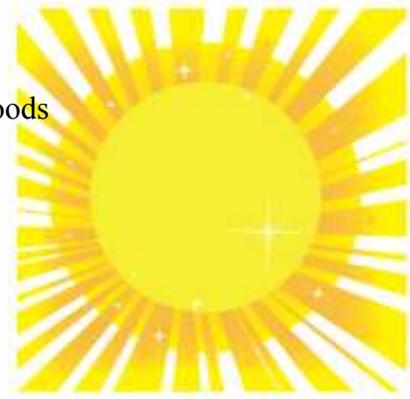


# Vitamin D

## Why do we need Vitamin D?

- Builds strong bones by helping the body absorb calcium from foods
- Helps us move our muscles
- Helps nerves carry messages between the brain and body parts
- Helps the immune system fight off infections



## How much Vitamin D do we need each day?

Age group	Recommended Dietary Allowance per day	Tolerable Upper Intake Level per day
Infants 0-6 months	600 IU	1000 IU
Infants 7-12 months	600 IU	1500 IU
Children 1-3 years	800-1000 IU	2500 IU
Children 4-13 years	800-1000 IU	3000 IU
Teens and Adults 14+ years	800-1000 IU	4000 IU
Pregnancy & Lactation	1000-2000 IU	4000 IU

## What foods have vitamin D?

We get most of our Vitamin D from the sun. Foods may contain small amounts of the Vitamin

- Fatty fish such as salmon, tuna, and mackerel are among the best sources
- Beef, liver, cheese, egg yolks, and mushrooms provide small amounts
- Fortified milk, baby formula, breakfast cereals, juices, yogurt, butter

## Getting Vitamin D from the Sun

The body makes vitamin D when skin is directly exposed to the sun. This method is inhibited when:

- Skin is exposed to sunshine indoors through a window.
- Weather is cloudy or shady.
- You have dark-colored skin.
- You apply sunscreen on your skin

## Can vitamin D be harmful?

Yes, signs of toxicity include nausea, vomiting, poor appetite, constipation, weakness, and weight loss. Too much Vitamin D can also raise blood calcium levels resulting in confusion, disorientation, and problems with heart rhythm. Excess vitamin D can also damage the kidneys.

The safe upper limit for vitamin D is 1,000 to 1,500 IU/day for infants, 2,500 to 3,000 IU/day for children 1-8 years, and 4,000 IU/day for children 9 years and older, adults, and pregnant and breastfeeding teens and women. Vitamin D toxicity almost always occurs from overuse of supplements. Excessive sun exposure doesn't cause vitamin D poisoning because the body limits the amount of this vitamin it produces.