

<b>Prepared For:</b>		<b>Date:</b>	
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## Vitamin D Foods List

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Getting enough vitamin D is important for a healthy lifestyle. Vitamin D, when taken with calcium, helps make your bones and teeth strong. Vitamin D helps your body fight germs and keep your muscles and nerves working well. If you don't have enough vitamin D, it can increase your risk of bone fractures, osteoporosis, or muscle weakness. Vitamin D may be especially important if you have heart disease, diabetes and cancer. **Give your weekly vitamin D a boost by adding vitamin K2 to help move that fresh new calcium intake to the right spaces in your body.**

### How Much Vitamin D Do You Need?

The amount of vitamin D your body needs each day is measured in International Units (IU) or micrograms (mcg).

- Men and Women (19 - 70 years): 600 IU each day or 15 mcg each day
- Men and Women (71 years and older): 800 IU each day or 20 mcg each day

Talk to your primary care provider about measuring the vitamin D level in your blood to see if you need a supplement.

### Vitamin D in Foods

- Fatty fish like salmon
- Fortified foods, like milk or orange juice
  - Fortified means that certain nutrients, such as vitamin D, have been added to the food.

### Vitamin D Supplements

You may need a vitamin D supplement if any of the following describes you:

- Vegan
- Adults age 70 and older
- Patient with kidney disease
- Person whose body cannot absorb fat

If you are taking medications, vitamin D could interact with some of them. Let your primary care provider know if you are taking any dietary supplements.

## Foods High in Vitamin D

Food	Serving Size	Amount of Vitamin D (IU)
Trout (rainbow)	3 ounces	648
Fish oil (cod liver)	1 teaspoon	452
Salmon (sockeye)	3 ounces	444
Mushrooms (exposed to ultraviolet light, as noted on the product label)	½ cup	316
Sardines (canned in oil)	3 ounces	165
Tuna (canned)	3 ounces	154
Orange juice (fortified)	1 cup	137
Flatfish (flounder and sole)	3 ounces	120
Milk (fortified: nonfat, 1% or 2%, 1%, or fat-free)	1 cup	116
Soy milk (fortified)	1 cup	116
Non-dairy milk (fortified: almond or rice)	1 cup	96
Yogurt (fortified)	6 ounces	80

*\*A three-ounce serving size is about the same size as a deck of cards.*

### Notes