

Why adequate

# Vitamin D

is important

## Health Benefits<sup>2</sup>

Vitamin D is difficult to obtain throughout the winter months in the Midwest. The sun is provides a strong source of vitamin D. As little as ten minutes in the sun may provide enough vita-



min D to avoid not getting enough vitamin D. Vitamin D can also be obtained through food and vitamin

supplements.

Vitamin D can contribute to<sup>3</sup> :

- bone growth and strength
- reduced inflammation
- decreased risk for skeletal deformities
- lowering blood pressure
- enhancing immune function

Vitamin D may also help reduce your risk for cancers, type I diabetes and type 2 diabetes, multiple sclerosis and heart attacks. The best indicator of vitamin D status is assessed through a blood sample.

## SOURCES OF

### VITAMIN D<sup>1</sup>

Sun	Depends on length & time of exposure
Fish (3 oz)	566 IU
Eggs	41 IU
Milk(1 cup)	115- 124 IU
Yogurt	80 IU
Cod Liver Oil (1 Tbsp)	1,360 IU
Fortified Orange Juice (1 cup)	137 IU



Consult with your doctor for more information on testing and insurance coverage.

## How Much Vitamin D Should I Be Getting?<sup>1</sup>

0-12 months	⇒	400 IU	<b>Can I get too much Vitamin D?</b> Yes, reports suggest toxic levels fall between 10,000 IU and 40,000 IU. It is not possible to reach toxic levels through sun exposure only. IU= International Unit
1- 70 years	⇒	600 IU	
70+ years	⇒	800 IU	

Children and adults look for a multivitamin with at least 400 IU of vitamin D.

### Resources:

<sup>1</sup><http://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/#h3>

<sup>2</sup>[http://www.mayoclinic.com/health/vitamin-d/NS\\_patient-vitamin-d](http://www.mayoclinic.com/health/vitamin-d/NS_patient-vitamin-d)

<sup>3</sup><http://www.webmd.com/food-recipes/features/vitamin-d-vital-role-in-your-health?page=2>

This information was brought to you by the Clay County Public Health's Health Promotion Team & Clay County Wellness Team