

Vitamin D and You



“Vitamin D is important for all of us!”

Healthy Babies Under Age 12 Months

- The recommended Vitamin D intake is 10 mcg (400 IU) per day
- **Babies who are fed human milk**
 - Give a Vitamin D supplement of 10 mcg (400 IU) every day
- **Babies who are fed both human milk and formula**
 - Give a Vitamin D supplement of 10 mcg (400 IU) every day
- **Babies who are formula fed**
 - Most do not need a Vitamin D supplement
- Questions? Talk to your healthcare provider or call HealthLink BC [Dietitian Services](#): Dial 8-1-1

“I breastfeed and give Vitamin D to my baby for strong bones and a healthy start in life.”



Healthy Children and Adults Age 1 to 70 Years

- The recommended Vitamin D intake is 15 mcg (600 IU) per day
- Very few foods have Vitamin D, so most Canadians do not get enough from their foods
- Most children and adults need a Vitamin D supplement to reach the recommended intake
- If you take certain medications or have specific medical conditions, your healthcare provider may suggest more Vitamin D
- Questions? Talk to your healthcare provider or call HealthLink BC [Dietitian Services](#): Dial 8-1-1

Why is Vitamin D Important?

It is needed for strong bones and teeth and may help to reduce the risk of some chronic diseases such as diabetes, heart disease, some cancers, and infections such as tuberculosis, colds and flus.

Please turn over for more information ⇨

Which foods have Vitamin D? – Only a few!

Food	Portion	Vitamin D
Cow milk or infant formula	250 mL (1 cup)	2.6 mcg (103 IU)
Plant-based beverage (soy, oat, almond, rice, etc. Choose <i>fortified</i> beverages with added vitamin D and calcium)	250 mL (1 cup)	0-2.3 mcg (0-90 IU)
Fortified orange juice	125 mL (½ cup)	1.3 mcg (50 IU)
Margarine	10 mL (2 teaspoons)	1.7 mcg (66 IU)
Egg yolk	1 egg yolk	0.8 mcg (32 IU)
Herring and Trout, cooked	75 g (2.5 ounces)	~3.9 mcg (155 IU)
Salmon - Chum, Pacific, canned	75 g (2.5 ounces)	5.2 mcg (210 IU)
Salmon - Pink, canned or fresh	75 g (2.5 ounces)	10.4 mcg (414 IU)
Salmon - Sockeye, canned	75 g (2.5 ounces)	13.9 mcg (557 IU)
Tuna - canned, light or white	75 g (2.5 ounces)	0.9 mcg (36 IU)

What about Vitamin D Supplements?

- Most people need a supplement to reach the recommended intake. A Vitamin D supplement, such as 400 IU per day, can help meet your or your child's needs
- Liquid drops – amounts vary; check the label
- Tablets – amounts vary; check the label. Tablets are a choking hazard for children under 4 years
- Breastfed babies need a Vitamin D supplement, even if their mother takes a Vitamin D supplement
- If you accidentally give a double dose of Vitamin D, your child will still be within the safe level, but try to stay within the recommended daily amount



Why not get Vitamin D from the sun?

- Too much sun (especially sun burns) increases the risk of skin cancer
- Glass, sunscreen and clothing all block your skin from making Vitamin D
- People with darker skin don't make as much Vitamin D from the sun
- On Vancouver Island, we cannot make Vitamin D from the sun from October to March



"We choose to be sun safe."

What does Health Canada recommend for Vitamin D?

Age	Recommended Intake	Stay Below
Birth to 6 months	10 mcg (400 IU) per day	25 mcg (1000 IU)
6 to 12 months	10 mcg (400 IU) per day	38 mcg (1500 IU)
1 to 3 years	15 mcg (600 IU) per day	63 mcg (2500 IU)
4 to 8 years	15 mcg (600) IU per day	75 mcg (3000 IU)
9 to 70 years	15 mcg (600 IU) per day	100 mcg (4000 IU)
Pregnant or breastfeeding	15 mcg (600 IU) per day	100 mcg (4000 IU)
Over 70 years	20 mcg (800 IU) per day	100 mcg (4000 IU)

[Health Canada/Vitamin D and Calcium Dietary Reference Intakes](#)

For more information:

www.healthlinkbc.ca/healthlinkbc-files/vitamin-d-and-your-health or call Dietitian Services at HealthLink BC at 8-1-1