

Vitamin D

How much do you need and where should you get it? These are important questions not just for vitamin D, but for all vitamins and minerals—more isn't always better and your body may be able to access a substance better in one form or another.

Vitamin D is a fat-soluble vitamin that works to maintain proper metabolism of calcium. If you're lacking vitamin D, it will be difficult for your body to absorb the calcium you need—this is often why calcium supplements also include vitamin D in them. Vitamin D also helps with immunity, blood pressure regulation, if insufficient it can negatively affect insulin secretion in Type 2 diabetics and may also play a part in cancer regulation.



From 1 year of age up to 70, it is recommended to get 600 IU of vitamin D each day and the recommendation goes up to 800 IU after age 70. For reference, most multivitamins contain 400 IU of vitamin D. Vitamin D toxicity can lead to kidney stones



and bone problems, however research suggests it is unlikely in healthy people at intakes of less than 10,000 IU.

Vitamin D is naturally found in a few foods, however it is often fortified in breads, cereals, baby formula, milk and, most recently, orange juice. Below is a table with foods and serving sizes with levels of vitamin D.

Food	Serving	Vitamin D (IU)	Vitamin D (mcg)
Pink salmon, canned	3 ounces	530	13.3
Sardines, canned	3 ounces	231	5.8
Mackerel, canned	3 ounces	213	5.3
Quaker Nutrition for Women Instant Oatmeal	1 packet	154	3.9
Cow's milk, fortified with vitamin D	8 ounces	98	2.5
Soy milk, fortified with vitamin D	8 ounces	100	2.5
Orange juice, fortified with vitamin D	8 ounces	100	2.5
Cereal, fortified	~1 cup	40-50	1.0-1.3
Egg yolk	1 large	21	0.53

Resource: Linus Pauling Institute, Micronutrient Information Center: Vitamin D, <http://lpi.oregonstate.edu/infocenter/vitamins/vitaminD/>. Accessed October 12, 2011.