

Vitamin D Handout

Pediatric Bone Health Program

Background: Vitamin D is essential to calcium absorption and bone health, as well as immunity. Preventing deficiency is important. Vitamin D is found in some foods and can be made by the body in response to sunlight exposure, but in the winter no one in Rochester is able to make enough Vitamin D from sunlight

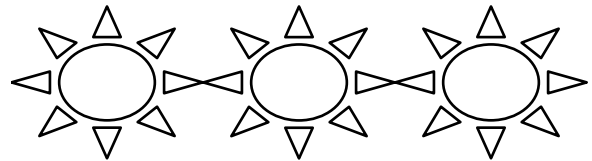
Vitamin D Needs Depend on Age!	
Age	You Need This Much Vitamin D Every Day
< 1 year	400 IU (10 mcg)
≥ 1 year	600 IU (15 mcg)

There are multiple forms of vitamin D. When taking supplements, Vitamin D3 is preferred (also called *cholecalciferol*) since there is evidence that it may work better to increase vitamin D levels.

Vitamin D Supplements	
Carlson Super Daily D3 drops for Kids	400 IU
Wellesse Vitamin D3 Liquid	1000 IU
Nature Made Vitamin D Tablets	1000 IU
Nature's Bounty High Potency Vitamin D Soft gels	1000 IU

Amount of Vitamin D in Common Foods	
Food (serving)	Vitamin D (IU)
Salmon (3.5 oz)	360
Tuna (3 oz)	150
Milk (1 cup)	120
Fortified Orange Juice (1 cup)	130
Fortified Yogurt (6 oz)	80

While eating foods high in Vitamin D is important, most people require vitamin D supplements to meet their daily needs. All supplements listed to the left have been independently assessed for quality.



If you have fair skin, 15 minutes in the sun is enough time for your body to make 1000 IUs of vitamin D. If you have darker skin, it takes up to 2 hours.

Questions? Call us or email us through MyChart!
Katherine Ippolito, RD, CDE at 585-275-1539, or Dr. David Weber at 585-275-7744, david_weber@urmc.rochester.edu