



Nutrition Education



VITAMIN D

Vitamin D is a nutrient needed to maintain strong bones. It works with calcium and phosphorus to protect against the loss of bone mass. It also helps muscles to function and plays a role in the immune system. **There are three ways to get vitamin D: sunlight, food/drink, and supplements**

What is the Vitamin D Recommended Daily Allowance (RDA)?

As we age, vitamin D needs increase. For those who are 71 and older, the recommendation is 800 IUs per day. For those who are younger (age 19-70) the recommendation is 600 IUs (International Units)

A 3oz. portion of salmon has ~500 IUs of vitamin D



SUNLIGHT: Vitamin D is also known as the “sunshine vitamin” because the body can convert sunlight into vitamin D when it hits unprotected skin. Be careful & avoid extended exposure without sunscreen.



FOOD/DRINK: Very few foods naturally have vitamin D. Fatty fish like salmon, mackerel, tuna and sardines are the best sources. Beef liver and egg yolks contain small amounts. Fortified food and drinks provide most of the vitamin D in our diets: soymilk, yogurt, cheese, and milk. Check the label to know if it has been fortified with vitamin D.



SUPPLEMENTS: Some may need extra vitamin D through supplements like older adults and those with dark skin. Deficiencies may lead to osteoporosis, muscle weakness/pain, or osteomalacia. Consult with your doctor before taking supplements.



Sources:
<https://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/what-is-vitamin-d> &
<https://lpi.oregonstate.edu/mic/vitamins/vitamin-D>

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