

# Vitamin D and You

## Healthy Babies Under Age 12 Months

- The recommended Vitamin D intake is 400 IU per day.
- **Babies who are breastfed**
  - Give a Vitamin D supplement of 400 IU every day.
- **Babies who are fed both breastmilk and formula**
  - Give a Vitamin D supplement of 400 IU every day.
- **Babies who are formula fed**
  - Most do not need a Vitamin D supplement.
- Questions? - Talk to your health care provider or call HealthLinkBC 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



*“Vitamin D is important for all of us!”*

- The recommended Vitamin D intake is 600 IU per day.
- Very few foods have Vitamin D (see back page).
- Many children and adults may need a Vitamin D supplement to reach the recommended intake.
- Children over age 12 months who do not drink any cow’s milk need a supplement of 400 IU every day.
- Questions? - Talk to your healthcare provider or call Dietitian Services at HealthLinkBC: Dial 8-1-1.

## Why is Vitamin D Important?

- It is needed for strong bones and teeth.
- It 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.



## Which foods have Vitamin D? - Only a few!



*“Salmon is rich  
in vitamin D.”*

Food	Portion	Vitamin D
Cow's milk or infant formula	250 mL (1 cup)	105 IU
Fortified soy, rice or almond drink	250 mL (1 cup)	80-90 IU
Fortified orange juice	125 mL (½ cup)	50 IU
Fortified margarine	10 mL (2 teaspoons)	50 IU
Egg yolk	1 egg yolk	30 IU
Herring and Trout, cooked	75 g (2.5 ounces)	150-160 IU
Salmon - Chum, Pacific, canned	75 g (2.5 ounces)	200 IU
Salmon - Pink, canned or fresh	75 g (2.5 ounces)	435 IU
Salmon - Sockeye, canned	75 g (2.5 ounces)	555 IU
Tuna - canned, light or white	75 g (2.5 ounces)	35 IU

## 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 Vitamin D from the sun.
- 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 about Vitamin D supplements?

- Children and adults may need a Vitamin D supplement to reach the recommended intake - ask your health care provider or call HealthLinkBC Dietitian Services: Dial 8-1-1.
- Liquid drops - Brands vary. Check the label to see how much to give.
- Tablets - Amounts vary. Check the label. Tablets are a choking hazard for babies and young children.
- Breastfed babies need a Vitamin D supplement, even if their mother is taking a Vitamin D supplement.
- If you accidentally give a double dose of vitamin D, your child will still be within the safe level.

## What does Health Canada recommend for Vitamin D?

Age	Recommended Intake	Safe Upper Level
Birth to 6 months	400 IU per day	1000 IU per day
6 to 12 months	400 IU per day	1500 IU per day
1 to 3 years	600 IU per day	2500 IU per day
4 to 8 years	600 IU per day	3000 IU per day
9 to 70 years	600 IU per day	4000 IU per day
Pregnancy or breastfeeding	600 IU per day	4000 IU per day
Over 70 years	800 IU per day	4000 IU per day



Institute of Medicine, November 2010 [www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php)

**For more information, call Dietitian Services at HealthLinkBC: Dial 8-1-1**