



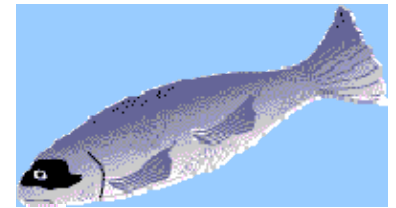
Vitamin D

What it Does

- Essential for bones and teeth
- Helps the body absorb calcium
- Helps immune function
- May help protect against some cancers, heart disease, diabetes, and auto-immune diseases

Food Sources

- Vitamin D-fortified milk
- Salmon and other fish and seafood
- Very small amounts are in some breakfast cereals, margarine, other foods



Recommendations

- 1,000 IU vitamin D from diet plus supplements is needed each day, but do not exceed 2,000 IU
- Dietary intake, without milk, is about 100 IU daily
- Milk has 100 IU
- Most multivitamins have 400 IU
- Supplements are available in 400 IU or 1,000 IU tablets
- For example, those who consume one multivitamin and one cup milk, need an additional 400 IU vitamin D supplement

