



## Vitamin D

Vitamin D helps build strong bones and teeth. Children and adults can get vitamin D from food, supplements (pills), and sometimes from the sun. If children don't get enough vitamin D, they can develop a disease called rickets (soft bones).

The following foods have vitamin D:

- Cow's milk and fortified soy beverage
- Fatty fish, such as salmon, herring, rainbow trout
- Egg yolk
- Margarine
- Yogurt fortified with vitamin D

[Canada's Food Guide](#) recommends that everyone aged 2 and older drink 2 cups (500 ml) of fluid cow's milk or fortified soy beverage each day to help meet their vitamin D needs. 2 cups of cow's milk or fortified soy beverage provides about 200 IU (international units) of vitamin D



It's not possible to safely get all the vitamin D we need from the sun and it may not be possible to get enough vitamin D from food sources alone. Therefore, everyone needs to get vitamin D from food and supplements. In Alberta it is recommended that children and adults (1-70) take a 400 IU vitamin D supplement and get 200 IU of vitamin D from food, each day.

When choosing a vitamin D supplement, **always read the label. Make sure you give the right amount.** Check with your health care provider if you have any questions.

For more information about vitamin D, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-bones.pdf>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>

