

## Vitamin D

Your body needs Vitamin D to absorb calcium and to make bones strong. Low levels of Vitamin D may mean low calcium levels.

Vitamin D can be made from sunlight on the skin, but in New England, sun exposure is not strong enough most of the year to provide the Vitamin D needed.

Few foods contain Vitamin D in the diet. A multiple vitamin/mineral supplement can also supply Vitamin D. The recommendation for Vitamin D is 400 IU per day.

### Food sources of Vitamin D

<b>Food</b>	<b>Vitamin D (IU)</b>
Catfish (3 oz. cooked).....	570
Pink salmon (¼ cup canned).....	400
Quaker Oatmeal (1 packet).....	140
Slim-Fast Milk Shake (1 can, 11 oz).....	140
Silk Soymilk (1 cup).....	120
Ensure (1 can, 8 oz).....	100
Milk (1 cup).....	100
Fortified Orange Juice (1 cup).....	100
Yoplait Nouriche Smoothie (11 oz).....	100
Tuna (canned oil or water, ¼ cup).....	90
Yogurt, Non-fat (6 oz).....	80
Country Crock Plus Calcium & Vitamin Spread (1 TB).....	60
Breakfast cereals, most brands, ¾ - 1 cup.....	40
Egg Beaters (¼ cup).....	40
Parkay Calcium Spread (1TB).....	40
Sara Lee Heart healthy Plus Bread (1 slice).....	40
Egg, large (1).....	20

(Source: Nutrition Action Newsletter, April 2005)