

Information about Vitamin D

- Vitamin D is a fat-soluble vitamin. This means that your body can store extra amounts of vitamin D.
- It is important to get enough vitamin D from your diet because it helps our bodies absorb and use calcium and phosphorous for strong bones and teeth. Vitamin D can help protect older adults against osteoporosis.
- Vitamin D can also protect against infections by keeping your immune system healthy.
- It may help reduce the risk of developing chronic diseases such as multiple sclerosis and certain types of cancer, such as colorectal cancer but this is still being studied.

How Vitamin D Should I Aim For?

Age in Years	Aim for an intake of international units (IU/day)*	Stay below* IU/day
Men and Women 19-50	600	4000
Men and Women 51-70	600	4000
Men and Women 71 and older	800	4000
Pregnant and Breastfeeding Women 19 and older	600	4000

* This includes sources of vitamin D from food and supplements.

Health Canada advises adults over the age of 50 to take a vitamin D supplement of 400 IU each day.



Vitamin D Content of Some Common Foods

Vitamin D is not found naturally in many commonly consumed foods. In Canada, some foods such as milk, soy or rice beverages and margarine have vitamin D added to them. Good food sources of vitamin D include certain kinds of fish, egg yolks and milk. The following table will show you foods that are a source of vitamin D.

Food	Serving Size	Vitamin D (IU)
Vegetables and Fruit	This food group contains very little of this nutrient	
Orange juice, fortified with vitamin D	125 mL (½ cup)	50
Grain Products	This food group contains very little of this nutrient.	
Milk and Alternatives		
Soy beverage, fortified with vitamin D	250 mL (1 cup)	86
Milk (3.3 % homo, 2%, 1%, skim, chocolate milk)	250 mL (1 cup)	103-105
Skim milk powdered	24 g (will make 250 mL of milk)	103
Yogurt (plain, fruit bottom), fortified with vitamin D	175 g (¾ cup)	58-71
Meat and Alternatives		
Egg, yolk, cooked	2 large	57-88
Pork, various cuts, cooked	75 g (2 ½ oz)	6-60
Deli meat (pork, beef, salami, bologna)	75 g (2 ½ oz)/ 3 slices	30-54
Beef liver, cooked	75 g (2 ½ oz)	36
<i>Fish and Seafood</i>		
Salmon, sockeye/red, canned, cooked or raw	75 g (2 ½ oz)	394-636
Salmon, humpback/pink, canned, cooked or raw	75 g (2 ½ oz)	392-447
Salmon, coho, raw or cooked	75 g (2 ½ oz)	338-422



Snapper, cooked	75 g (2 ½ oz)	392
Salmon, chinook, raw or cooked	75 g (2 ½ oz)	382-387
Whitefish, lake, cooked	75 g (2 ½ oz)	135
Mackerel, Pacific, cooked	75 g (2 ½ oz)	343
Salmon, Atlantic, raw or cooked	75 g (2 ½ oz)	206-245
Salmon, chum/keta, raw or cooked	75 g (2 ½ oz)	203-221
Mackerel, canned	75 g (2 ½ oz)	219
Herring, Atlantic, pickled	75 g (2 ½ oz)	202
Trout, cooked	75 g (2 ½ oz)	148-208
Herring, Atlantic, cooked	75 g (2 ½ oz)	161
Roe, raw	30 g (1 oz)	145
Sardines, Pacific, canned	75 g (2 ½ oz)	144
Halibut, cooked	75 g (2 ½ oz)	144
Tuna, albacore, raw or cooked	75 g (2 ½ oz)	99-106
Mackerel, Atlantic, cooked	75 g (2 ½ oz)	78
Tuna, white, canned with water	75 g (2 ½ oz)	60
Fats and Oils		
Cod liver oil	5 mL (1 tsp)	427
Margarine	5 mL (1 tsp)	25-36
Other		
Goat's milk, fortified with Vitamin D	250 mL (1 cup)	100
Rice, oat, almond beverage, fortified with Vitamin D	250 mL (1 cup)	85-90

Source: "Canadian Nutrient File 2015"

www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php

[Accessed October , 2016].



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