

## GETTING MORE:

### VITAMIN D



Vitamin D is needed to build strong bones and to be healthy. Vitamin D is often called the “sunshine vitamin” because it is made from sun shining on bare skin. Our bodies were made to get our vitamin D from the sun.

## CAN I GET ENOUGH VITAMIN D FROM THE SUN?

In Minnesota, the sun is not strong enough to make vitamin D to meet our needs! Also, we do not get as much sunlight as we once did because:

- We use sunscreen to prevent skin cancer. Sunscreen does not allow the skin to make vitamin D.
- Some people wear clothing that covers most of their skin year round.

## CAN I GET ENOUGH VITAMIN D FROM FOOD?

Few foods are rich in vitamin D. Most Americans are not able to eat enough of vitamin D rich foods for their daily needs.

## VITAMIN D RECOMMENDATIONS

- **Breastfed Infants** - Breastmilk has some vitamin D, but your baby needs more. Give 400 IU per day of vitamin D to breastfed babies. Start right away after birth. Ask your doctor how to do this.
- **Formula-fed Infants** - Some vitamin D is added in manufacturing of formula. However, babies need to take at least 32 ounces of formula per day, to meet vitamin D requirements. Newborns do not drink that much formula. Ask your doctor if your baby needs a vitamin D supplement.

Amount Per Serving	% Daily Value	
	Children Under 4	Children Over 4 & Adults
Calories.....	10	
Total Carbohydrates.....	2 g	†
Vitamin A (as beta-carotene).....	3500 IU	140% 70%
Vitamin C (as ascorbic acid).....	120 mg	300% 200%
Vitamin D3 (as cholecalciferol).....	400 IU	100% 100%
Vitamin E (as D-alpha tocopheryl succinate).....	30 IU	300% 100%
Thiamine (Vitamin B1) (as thiamine mononitrate).....		429% 200%
Riboflavin (Vitamin B2).....		

- **Children** - Kids need 600 IU of vitamin D each day. All cow's milk is a good source of vitamin D, but a child would need to drink lots of milk, more than what is healthy, to meet vitamin D requirements. A daily children's multivitamin with at least 400 IU is recommended to help provide adequate vitamin D.
- **Adults** - Consider a multivitamin to help you meet your vitamin D requirement of 600 IU each day. If you are pregnant, make sure your prenatal vitamin contains vitamin D.

## WHAT DO I NEED TO KNOW ABOUT VITAMIN D SUPPLEMENTS?

### Infants:

- Ask your health care provider if your baby needs vitamin D drops.
- Multivitamin drops with vitamin D are available without a prescription at most drug stores or pharmacies. Measure the dose carefully using the medicine dropper provided.
- Your doctor might say that vitamin D is the only supplement your baby needs. Vitamin D drops are available without a prescription. Ask your pharmacist for help in locating an infant vitamin D supplement.

### ➤ DID YOU KNOW? ◀

With a doctor's prescription, Medical Assistance will cover the cost of vitamin supplements for children up to age 18 and pregnant women.

### Children and Adults:

- Look for a multivitamin with at least 400 IU of vitamin D.
- Inexpensive store brand vitamins work just as well as the brand name vitamins!

