

# Are You Getting Enough Vitamin D?



**Vitamin D** helps your body build strong bones, move your muscles, and fight off bacteria and viruses.

People who live in a rainy or cold environment **may not get enough** vitamin D.



## Physical Training

**Intense daily physical training**, such as during basic training, increases your calcium and iron needs and has been associated with lower levels of vitamin D in the blood.



## Sun

**Get 10-15 minutes** of sunshine 3 times a week. The sun needs to shine on the skin of your face, arms, back, or legs.



## Consultation

Speak to your **health care provider** or registered dietitian **about testing** and the possibility of taking a dietary supplement.



## Nutrient-Dense Foods

**Eat foods** that naturally contain vitamin D or are fortified with vitamin D.



**Cereals:** Many breakfast cereals and some brands of orange juice, yogurt, margarine, and soy beverages are fortified with vitamin D; check the labels.



**Milk:** Almost all milk in the U.S. is fortified with vitamin D.



**Fish:** Fatty fish such as salmon, tuna, and mackerel are among the best sources.



Visit the **National Institutes of Health website** for specific recommended amount: <http://ods.od.nih.gov/factsheets/VitaminD-Consumer/>



**PerformanceTriad**  
<https://p3.amedd.army.mil>

For more information, contact your installation's Department of Public Health.  
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