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/