**MAIN FUNCTIONS**

- Facilitates absorption of calcium and phosphorus
- Promotes bone health
- Required for proper immune function
- Influences cell growth and development

**GOOD SOURCES**

<table>
<thead>
<tr>
<th>Fatty Fish</th>
<th>Fortified Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>salmon • mackerel • sardines</td>
<td>• Low-fat Milk, vitamin D fortified, 8 ounces, 98 IU (2.5 µg)</td>
</tr>
<tr>
<td>Salmon (pink, canned), 3 ounces, 465 IU (11.6 µg)</td>
<td></td>
</tr>
<tr>
<td>Mackerel (canned), 3 ounces, 211 IU (5.3 µg)</td>
<td></td>
</tr>
</tbody>
</table>

IU = International Units; µg = micrograms; a 3-ounce serving of fish is about the size of a deck of cards

**DAILY RECOMMENDATION**

- **600–1,000 IU**
  - 15–25 µg*
  - Children and Adolescents 4–18 Years
- **2,000 IU**
  - 50 µg**
  - All Adults

*Because vitamin D is scarcely found in food, it may be necessary to take supplements.

**SPECIAL NOTES**

- The Daily Recommendation listed is specific to the LPI based on extensive review of the scientific evidence. The Institute of Medicine's Recommended Dietary Allowance (RDA) is 600 IU (15 µg)/day for males and females who are 4–70 years old, and 800 IU (20 µg)/day for all adults over 70.
- Vitamin D is considered a “Nutrient of Public Health Concern” because underconsumption is linked to adverse health outcomes.
- More than 90% of Americans do not meet the dietary requirement for vitamin D.
- Our bodies make vitamin D upon skin exposure to UVB radiation from the sun. Darker skin color, northern latitude, and older age impede the amount of vitamin D produced.