Getting Adequate Vit D During the Fall

When exposed to sunlight, the skin can produce its own vitamin D. Vitamin D is best known for its role in keeping bones and teeth healthy, and is also what many Canadians fall short of during winter months as a result of shortened days and weaker sun rays\textsuperscript{1-3}.

Who is at risk of vitamin D deficiency? Groups at risk may be\textsuperscript{1,2}:

- Breastfed infants who are completely or partially breastfed.
- Lactose intolerant and or avoid dairy products.
- Limited to sun exposure from staying indoors or living in northern regions.
- Darkly pigmented – darker skin is less able to make vitamin D from being in the sun.
- Adults 50 years+ due to less efficient vitamin D production in the skin.

Recommended intake

Excessive vitamin D can be harmful, thus dietary intake from a combination of food and supplements **should not exceed**\textsuperscript{1,2,3}:

- 1000 IU for infants 0-6 months (aim for 400 IU)
- 1500 IU for infants 7-12 months (aim for 400 IU)
- 2500 IU for children 1-3 years (aim for 600 IU)
- 3000 IU for children 4-8 years (aim for 600 IU)
- 4000 IU for children over 9 years and adults (aim for 600 IU)

Keep in mind that these values are for the general population. For an individual that spends most of their days indoors, has intolerance for dairy or are in any of the risk groups above, seeking a physician or dietitian for daily intakes is recommended\textsuperscript{2}.

Sources of dietary vitamin D

**Naturally occurring sources of vitamin D:** Egg yolks and fatty fish such as salmon, mackerel, sardines and tuna\textsuperscript{4}.

**Vitamin D-fortified products:** Cow’s milk, infant formula, margarine, yogurt, some soy and nut beverages and orange juices\textsuperscript{4}.

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