Vitamin D

Why is vitamin D important?

Vitamin D makes strong bones, muscles, teeth, and a healthy immune system to fight off diseases. Everyone needs vitamin D.

How much is recommended daily?

Age	Recommended intake	Upper Limit
0-6 months	400 IU	1,000 IU
6-12 months	400 IU	1,500 IU
1-3 years	600 IU	2,500 IU
4-8 years	600 IU	3,000 IU
9-Adult	600 IU	4,000 IU

Institute of Medicine daily recommendations

IU = International Units

Where do I get vitamin D?

- ☀ Our bodies naturally make vitamin D when the sun shines on bare skin, but many things keep us from getting the amount we need from the sun.

- ☀ We can get some vitamin D from foods naturally, like fatty fish and eggs. Foods like milk, yogurt, ready-to-eat cereal, and some juices have vitamin D added. However, we may not get enough from foods alone.

- ☀ Supplements can help us get the recommended amount.

What do I need to know about supplements?

Check with your doctor to see if supplements are right for you and your children. Supplements can be found at most pharmacies or large retail stores.

If your baby or child has BadgerCare Plus, ask your doctor to write a prescription for vitamin D.

It is important to read the directions and make sure the correct dose is given.

- **Babies** need more vitamin D than they can get from breastmilk or formula. The American Academy of Pediatrics recommends supplementation of 400 IU per day. Supplements are available in liquid drops.

- **Many children** will need supplementation to meet the recommended amount. Supplements are available in liquid drops, chewable vitamin D, or chewable/gummi multivitamin ranging from 400-600 IU.

- **Women** should consider taking a supplement to meet their vitamin D requirement. Supplements are available in multivitamin, prenatal, and vitamin D ranging from 600 IU-2000 IU.

Please talk to your child's doctor or the WIC nutritionist if you have questions.