

# The Importance of Vitamin D in the Diet



**A healthy eating routine can help boost your health today and in the years to come.**

Vitamin D is a nutrient that the body needs for many important functions:



**Helping with the absorption of calcium, phosphorus, and other nutrients**



**Shaping and supporting strong bones and muscle**



**Helping prevent infections and disease (rickets)**



**Vitamin D** is produced in the skin by the action of ultraviolet light from the sun and is also found in some foods. Sunlight exposure increases risk of skin cancer, and it is difficult to get enough vitamin D from natural sources from diet alone.

- ✓ A daily vitamin D supplement is recommended for babies receiving breast milk or a combination of breast milk and formula. Talk to your healthcare provider to determine whether and how long vitamin D supplementation is necessary.

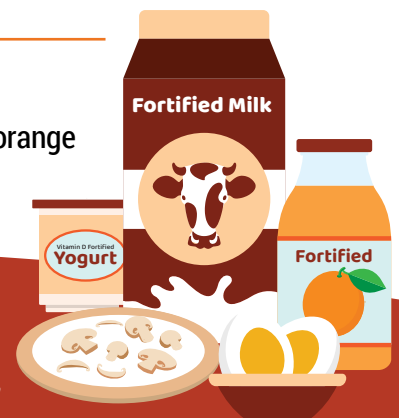


- ✓ Vitamin D is added to formula. Babies consuming only formula will not need an additional supplement.
- ✓ Young children may need to continue taking a vitamin D supplement after age 12 months.

## **GET YOUR NUTRIENTS FROM YOUR WIC\* FOODS!**

Fortified breakfast cereal, milk, eggs, fortified yogurt, fortified soy beverages, fortified orange juice and mushrooms.

\*Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)



**See other foods that contain vitamin D from <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>**