



SNEEZE GAZETTE™

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VITAMIN D—How Do I Get It? Part 2 of 2

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Great sources of Vitamin D

- * The sun!
 - * Organic, sun-dried Shitake or Button Mushrooms
- IF NO FOOD ALLERGY:*
- * 3.5 ounces fresh, wild salmon provides 600–1000 IU Vitamin D
 - * 1 can tuna in oil provides 400 IU
 - * 4 ounces shrimp provides 160 IU
 - * 2 eggs provides 80 IU

Are you and your family Vitamin D sufficient? Most of us, including 70% of American children, are not. Over the past decades, we have been conditioned to never venture out in the sun without a strong sunblock. It seemed a no-brainer: Avoid the sun's harmful rays, and reduce the chances of getting skin cancer. But the sun is also the single most efficient source of Vitamin D, and researchers are discovering that Vitamin D may play an important role in preventing heart disease, diabetes, and yes, cancer.

Researchers are also finding that most of us have Vitamin D deficiency. Vitamin D is not found naturally in many foods: a glass of fortified milk has only about 10% of the daily recommended requirement. The absolute best and most efficient way to obtain Vitamin D is through the sun's UVB rays. In the summer months, going outdoors every day to soak up the rays for 10–20 minutes without sunblock, before 11:00 AM EST or after 2:00 PM, is sufficient time for the most fair-skinned individuals to obtain adequate amounts of Vitamin D. The darker your skin tone, the more time needed in the sun to absorb the rays.

The winter months in the Northeast pose a challenge

to obtaining Vitamin D outdoors. The winter sun's rays are not strong enough to penetrate your skin. Take a Vitamin D supplement and eat Vitamin D-rich foods whenever possible. A safe daily dose of Vitamin D for adults is 1000–2000 IU. The recommended daily intake for kids was recently increased to 600 IU.

Ask your child's pediatrician for the latest recommendations for kids, and talk to your own health care provider who can explain how we test for and treat Vitamin D deficiency and insufficiency.

*By Denise Kearney, MD
and Lisa Wall*

***The best source of Vitamin D
is the sun!***

