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VITAMIN D RECOMMENDATIONS

WHY DO WE NEED VITAMIN D?

Vitamin D is a fat-soluble vitamin found in certain foods and made in our bodies when our skin is exposed to sunlight. Vitamin D plays a role in enhancing calcium absorption, promoting good bone and teeth health, and reducing the risk of certain types of cancer and chronic diseases. It has always been important for infants, children and adults to get Vitamin D in their diet or through sunlight exposure.

HOW MUCH DO WE NEED?

In 2008, the American Academy of Pediatrics made a new recommendation that all infants, children and adolescents receive at least 400 IU of Vitamin D daily. This is the amount of Vitamin D in 32 ounces of infant formula or Vitamin D enriched milk.

WHERE DO WE GET IT?

Listed below are ways in which parents can help their child receive the proper amount of Vitamin D to promote calcium absorption and prevent a serious disease called rickets:

1. Babies who are formula fed and eat less than 32 ounces of formula per day need a Vitamin D supplement until they are consuming at least 32 ounces per day.
2. All children over age one, need 400 IU of Vitamin D per day. Table I lists dietary food sources of Vitamin D. The AAP recommendation for 1-2 year olds is 16 oz of whole milk per day which contains 200 IU of Vitamin D. These children need 200 IU of additional Vitamin D per day through food sources or a vitamin supplement. Older children who get less than 400 IU of Vitamin D in their diet should also take a vitamin supplement.
3. Exposure to the sun is the body's natural way of producing Vitamin D. It is recommended that children be in the sun for at least 15 minutes per day to help them get the needed amount of Vitamin D to build strong, healthy bones.

SIMPLE WAYS TO BOOST YOUR INTAKE:

1. Drink at least 2-4 cups of Vitamin D-fortified milk a day.
2. Use milk instead of water in making soups, sauces and hot chocolate.
3. Choose Vitamin D-fortified yogurts and cheeses.

4. Check labels and choose breakfast cereals that are fortified with vitamin D.
5. If your child drinks soy or lactose-free milk, make sure it is fortified with Vitamin D.
6. Grill or bake salmon for a Vitamin D-rich meal once a week.

Vitamin D-containing Foods	Vitamin D (IU)
Salmon, cooked (3.5 ounces)	360
Sardines, canned (1.75 ounces)	250
Tuna, canned (3 ounces)	200
Milk (1 cup)	100
Vitamin D-fortified orange juice (1 cup)	100
Soy beverage (1 cup)	100
Margarine, fortified (1 tablespoon)	60
Breakfast cereal, fortified (1 serving)	40
Egg (1 whole)	20

VITAMIN D SUPPLEMENTS:

Various vitamin preparations are available for infants, children and adolescents. There is no single "Vitamin D" preparation available for routine supplementation. The pediatricians at Suburban Pediatrics recommend any daily vitamin that contains **400 IU of Vitamin D**. These are available as drops for infants and toddlers, chewable and gummies for children; and chewable or tablets for teens. Examples of available products include:

- **Tri-Vi-Sol** infant drops
- **Poly-Vi-Sol** infant drops
- **Flintstones Vitamins**- various preparations of chewables and gummies
- **Centrum Kids Vitamins**- various preparations of chewables and gummies (Dora, Rugrats and SpongeBob Squarepants)
- **One-A- Day Kids Vitamins**- chewables (Scooby Doo and Bugs Bunny)
- Store brand generic children's vitamins (Walgreens, Target, Schnucks, etc.)
- Adult multivitamins or Calcium/Vitamin D supplements

DOSE: Amount of product that provides a total of 400 IU of Vitamin D per day. The dose is the same for ALL ages.