



Vitamin D Fact Sheet

Vitamin D is a fat-soluble vitamin that plays a critical role in calcium absorption and immune system health. Vitamin D is especially important for keeping college students dealing with a lot of stress healthy. People living in northern states without as much direct sunlight from September to April need to take supplemental vitamin D, as their human body can't make enough from the limited sunlight.

The established adequate intake level for vitamin D is

- birth to age 50: 200 IU
- ages 51–70: 400 IU
- ages 71+: 600 IU

Norse tip!

Vitamin D requirements can vary by skin color. Darker skin tones need more vitamin D.

Other sources

- *Sunlight*: Fifteen minutes of unprotected (without sunscreen) sun exposure to our arms and face fulfills the required amount of vitamin D.
- *Supplements*: They vary in dosage, as there is debate over need. Consider a dosage of 800 IU or visit a physician for a personalized recommendation. Most professionals recommend not exceeding 2,000 IU a day.

Food sources

<i>Food</i>	<i>Amount</i>	<i>IU Vitamin D</i>
Tofu (fortified)	1/5 block	120
Cow's milk (fortified)	8 oz	100
Orange juice (fortified)	8 oz	100
Rice milk (fortified)	8 oz	100
Soy milk (fortified)	8 oz	100

Contact

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