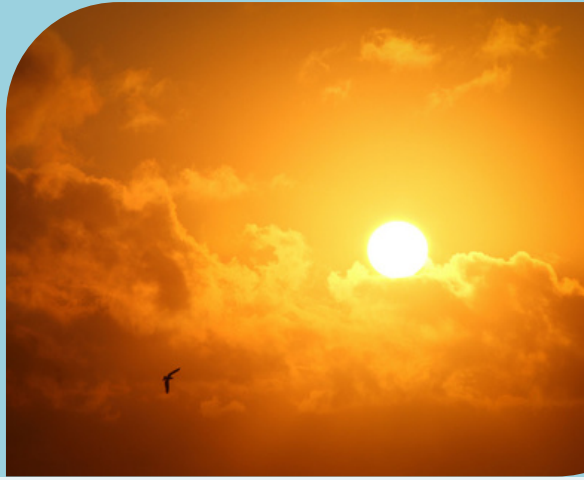


Vitamin



What Does Vitamin D Do?

Vitamin D is both acquired through dietary sources as well as synthesized in the body in the presence of sunlight. The nutrient functions in partner with calcium and phosphorus, and is crucial to promoting bone health. It has also been shown to reduce the growth of cancerous cells, mitigate infections, and lower inflammation.

Vitamin D: Recommended Dietary Allowance (RDAs)

Age	Men	Women
19+ years	15 mcg (600 IU)	15 mcg (600 IU)

Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington, DC: The National Academies Press. <https://doi.org/10.17226/11537>.

Foods High in Vitamin D:



Salmon,
Swordfish,
Tuna,
Sardines



Fortified
juices, milks,
and cereals



Egg yolks

Harvard T. H. Chan School of Public Health. (2023, March 7).
Vitamin D. The Nutrition Source.
<https://www.hsph.harvard.edu/nutritionsource/vitamin-d/>

UMD Dining Student Nutritionists

