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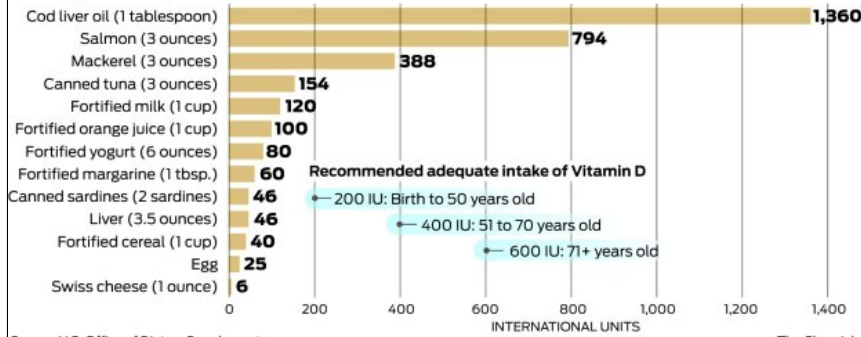
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Vitamin D deficiency increasingly common

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Food sources of vitamin D

Current national guidelines recommend that people get between 200 and 600 international units of vitamin D every day. Many people aren't getting enough, in part because they don't eat enough foods naturally containing or fortified with the nutrient. Here are some common foods with vitamin D.



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letcy 1/9/2010 1:19:52 PM

It would have been more complete had the mentioned the true sun factor: 15mins at noon in a tshirt is all you need to make enough vitamin D. In the winter or say 5pm it will take longer, but not bake yourself into a lobster every day sun to make enough vitamin D.

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gilles 1/9/2010 9:34:24 AM

Easy choice. Eat good foods, or take a vitamin D supplement.

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iamsmat 1/9/2010 11:42:15 AM

Woah! I've known for a while that I was probably lacking vit D, but I didn't figure that we needed 600 units of it a day. Guess need more supplements, cuz I wouldn't be eating salmon every day of the week or drinking fortified drinks.

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