

Creating Health & Nutrition Fact Sheets

for the StrongWomen™ Program



Nutrition Information

Vitamin D is a fat-soluble vitamin needed for absorbing calcium and building strong bones. It may also benefit muscles, gums, and the immune system, as well as decrease the risk of cancer, diabetes, and arthritis.

Except for fish oils, very few foods contain much of this vitamin. Milk is fortified with vitamin D to prevent rickets in children. Nonfat, low-fat, and whole milk have equal amounts of the vitamin. Vitamin D can be made by the body from sunlight on unprotected skin for 15 minutes daily. In northern areas of the United States, the sun is only strong enough to do this from March through October.

Vitamin D

Some groups that may need supplementation of vitamin D:

- infants who are breastfed
- people with a milk allergy
- people who rarely drink milk (lactose intolerant, dislike milk)
- people with limited sun exposure
- people with dark skin

Among supplements, vitamin D₃ is more potent than vitamin D₂. More than 50 percent of women are not getting

the suggested amounts of vitamin D. Recent research is finding many health benefits related to adequate intake of this vitamin. It is important to obtain the recommended amounts. Use foods that are good sources, sunlight exposure, and, if needed, supplements to obtain these amounts.

Caution: Excessive amounts of vitamin D, as a fat-soluble vitamin, are stored in the body. Above a specific level, they could be toxic. Consider your total intake,

Tip

In the warmer months, taking a 20-minute walk in the sun gives you your daily dose of needed vitamin D.

including food sources and multivitamins. The safe upper limit is 2,000 IUs. If prone to kidney stones, check with your doctor before exceeding 1,000 IUs.

Shopping Tips

Check the chart at left to select foods that are good sources of vitamin D.

Tips Affecting Different Age Groups

Adequate Intake Age for Vitamin D

Birth to 50 years old, 200 IU
51 to 70 years old, 400 IU
71 years and older, 600 IU

Good Sources of Vitamin D

Food	International Units (IU) per serving
Catfish, 3 oz cooked	570
Salmon, 3½ oz cooked	360
Shrimp, 3 oz cooked	170
Tuna, light, ¼ cup	130
Milk, 1 cup	100
Orange juice fortified with calcium and D	100
Yogurt, 6 oz	80

Examine Your Choices

Food	Source	What I buy	What I plan to buy
Example:			
Meat group	Fatty fish—vitamin D	Pork	Salmon
My Goal:			

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Sources: Warren Grant Magnuson Clinical Center, National Institutes of Health, Bethesda, Maryland; *Calcium-Rich Eating*, J. Lynne Brown, Penn State Cooperative Extension

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Salmon Loaf

Serving Size: Makes 8 servings

Ingredients

- 2 cups soft bread crumbs
- 1 Tablespoon lemon juice
- 1 onion, chopped
- dash of pepper
- 1 Tablespoon melted fortified margarine
- 1 Tablespoon minced parsley or 1 tsp dried
- ¼ cup minced celery
- 2 eggs
- ½ to 1 cup low-fat milk
- ½ teaspoon Worcestershire sauce
- 1 can (15½ oz) salmon

Directions

Preheat oven to 325°F. Drain salmon and remove skin if desired. Mash bones with meat and mix with rest of ingredients. Add milk so that mixture is moist but not runny. Place in lightly oiled 9-by-5-inch loaf pan. Bake for 45 minutes.

Nutrient Information

One serving: 158 calories, 14g protein, 9 g carbohydrate, 1 g fiber, 8 g fat, 2 g saturated fat, 149 mg calcium, 360 mg sodium, 14 IU vitamin D, 146 IU vitamin A

Source: *Calcium-Rich Eating*, Lesson 3, by J. Lynne Brown, Penn State Cooperative Extension

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