

VITAMIN D and CALCIUM

HOW MUCH DOES A HEALTHY* CHILD NEED?

VITAMIN D

0-12 months	400 IU/day
1-3 years	600 IU/day
4-8 years	600 IU/day
9-18 years	600 IU/day

CALCIUM

0-12 months	200-260 mg/day
1-3 years	700 mg/day
4-8 years	1,000 mg/day
9-18 years	1,300 mg/day

FOODS RICH IN VITAMIN D

Swordfish (3 oz) 566 IU	Salmon (3 oz) 447 IU	Canned Tuna (3 oz) 154 IU	Fortified Orange Juice (1 cup) 137 IU	Fortified Milk (1 cup) 115- 124 IU	1 Egg 44 IU
					

FOODS RICH IN CALCIUM

Plain Low Fat Yogurt (8 oz) 415 mg	Mozzarella (1.5 oz) 333 mg	Cheddar Cheese (1.5 oz) 307 mg	Milk (8 oz) 276-299 mg	Fortified Orange Juice (6 oz) 261 mg	Tofu (made w/ CaSO ₄) (.5 cup) 253 mg
					

Vitamin D promotes calcium absorption as well as bone growth and remodeling



99% of the body's **calcium** is stored in bones and teeth to support structure and function

*Healthy = no fractures