How do I get Vitamin D?

You can get up to one-third of your daily need from the rays of the sunlight touching your skin. Sunlight changes a cholesterol in your body into vitamin D. Although we don’t know exactly how much sun you need, experts suggest you spend 10–15 minutes a week outside in the sun, exposing your face, arms, and legs (without sunscreen). It is important to know that people with darker skin have a harder time getting enough sunlight to make good amounts of vitamin D. If your skin is darker, you may need at least 30 minutes per week. After you have taken the time to get your vitamin D, remember to add your sunscreen!

To get the rest of the vitamin D you need, eat foods and drink beverages that have vitamin D in them. Take a look at the Nutrition Facts label. If the food or beverage meets 25% of the daily value, it has 100 IUs. Below is a list of some of the foods.

- Fish (salmon, catfish, trout, mackerel, canned tuna fish, canned sardines)
- Cod liver oil
- Vitamin D fortified cereals (Quaker instant oatmeal, Malt-o-meal, Kellogg cereals)
- Eggs (with yolk)
- Liver
- Beef
- Soy products (soy milk, tofu)