



CAN MY CHILD GET ENOUGH VITAMIN D FROM A COMBINATION OF SUNLIGHT AND FOOD?

Possibly from daily fish consumption: a tablespoon of cod-liver oil has about 1300 IU; a 3 oz serving of swordfish or salmon has about 500 IU. Milk has 100 IU per cup. The other typical dietary sources of Vitamin D contain amounts in the double digits (e.g. 1 egg yolk has 40 IU of Vitamin D). If you decide to go this route, we recommend a blood test for Vitamin D 3 months into the dietary program.

Breastfed infants really need a Vitamin D supplement. While breast milk contains some Vitamin D (largely dependent on the mother's Vitamin D status and intake), it typically does not contain enough Vitamin D for an infant to have optimal levels. Since Vitamin D in the first year is protective for Diabetes. *Please give your baby a Vitamin D Supplement!!!*