Vitamin D

All babies, kids, and adults need Vitamin D.

Vitamin D helps:

• Build strong bones
• Build strong teeth
• Protect against getting sick, by building the immune system
• Improve muscular function, so kids can run and play!

The American Academy of Pediatrics recommends that all infants receive 400 I.U., and children and adolescents receive 600 I.U. of Vitamin D daily.

Get your Vitamin D from:

Foods, Sunlight, Vitamins

Food Sources:
Milk
Salmon
Tuna
Yogurt
Eggs
Fortified Cereal

Source: Elizabeth Anderson, Johnson County, posted 1/14