



Vitamin D

An estimated of 1 billion people worldwide, about 15% of the world's population, have Vitamin D deficiency.

The Importance of Vitamin D

Vitamin D is a fat-soluble vitamin that is necessary for our body to maintain our bone health by promoting calcium absorption from foods and supplements, and helping us to maintain a steady levels of serum calcium and phosphate. Vitamin D deficiency can possibly lead to a condition called osteomalacia, a disease that weakens bones and can cause them to break more easily. Therefore, it is important to have sufficient Vitamin D intake together with Calcium to help us lower the risk of getting osteoporosis when we grow older.

The Recommendation Intake Amount of Vitamin D

According to the Food and Nutrition Board, the Dietary Reference Intakes (DRI) for Vitamin D is recommended 600 International Units (IU) per day for people from 18 to 70 years old, and 800 IU per day for people who are 70 years old and above.

The Food Source of Vitamin D

Vitamin D naturally present in very few food items. This includes fatty fish (such as salmon, tuna, mackerel, fish liver oil); and the majority of it comes from fortified foods and vitamin D supplements. In United States, most of the milk supply has voluntarily fortified each cup of milk with 100IU of Vitamin D. Food sources like beef liver, cheese, and egg yolks contain small amount of Vitamin D.

Food	Serving Size	International Units
Cod liver oil	1 tablespoon	1360
Salmon, cooked	3 ounces	447
Tuna fish, canned in water	3 ounces	154
Fortified orange juice	1 cup	137
Fortified Milk	1 cup	115-124
Sardines, canned in oil	2 sardines	46
Beef liver, cooked	3 ounces	42
Egg	1 large	41
Fortified cereal	1 cup	40
Cheese, Swiss	1 ounce	6

References:

Vitamin D. (2019.). The Ohio State University. Retrieved from <https://patienteducation.osumc.edu/Documents/VitaminD.pdf>
Vitamin D Fact Sheet for Consumers. (2016). National Institutes of Health: Office of Dietary Supplements. Retrieved from <https://ods.od.nih.gov/pdf/factsheets/VitaminD-Consumer.pdf>

維生素 D



據統計，全世界約有十億人口缺乏維生素 D，大概佔總人口的百分之十五。

維生素 D 的重要性

維生素 D 是一種脂溶性維生素，通過促進食物和補充劑中鈣的吸收，幫助我們維持穩定的血清鈣和磷酸鹽水平，是我們的身體維持骨骼健康所必需的。缺乏維生素 D 可能會導致一種稱為骨軟化症的疾病，這種疾病會削弱骨骼並使其更容易折斷。因此，重要的是要攝入足夠的維生素 D 和鈣，以幫助我們降低年老時患骨質疏鬆症的風險。

維生素 D 的建議攝取量

根據食物及營養委員，維生素 D 的膳食參考攝入量 (DRI) 建議 18 至 70 歲的成年人每天攝入 600 國際單位 (IU) 的維生素 D，而 70 歲以上的成年人則建議攝取 800IU 的維生素 D。

維生素 D 的食物來源

維生素 D 天然存在於極少數食物中。這包括魚類 (鮭魚，金槍魚，鯖魚，魚肝油) 天然地含有豐富的維生素 D。其中大部分來自強化食品 and 維生素 D 補充劑。在美國，大部分的牛奶供應商都會對其產品進行營養強化，每杯牛奶的維生素 D 含量大約為 100IU。牛肝，奶酪和蛋黃等食物則含有少量的維生素 D。

食物	份量	國際單位
魚肝油	一湯匙	1360
三文魚	三盎司	447
罐裝吞拿魚	三盎司	154
強化橙汁	一杯	137
強化牛奶	一杯	115-124
罐裝沙丁魚	三盎司	46
牛肝	一杯	42
雞蛋	一個	41
強化穀物	一杯	40
瑞士芝士	一盎司	6

參考：

維生素 D. (2019). 俄亥俄州立大學。取自 <https://patienteducation.osumc.edu/Documents/VitaminD.pdf> 消費者維生素 D 情況說明書。(2016)。美國國立衛生研究院：膳食補充劑辦公室。取自 <https://ods.od.nih.gov/pdf/factsheets/VitaminD-Consumer.pdf>