

# VITAMIN D

## Did you know???



Vitamin D is also called ergocalciferol or cholecalciferol. **It helps make and maintain bones** and helps with the absorption of other bone-building nutrients: **calcium and phosphorus**. The active form of vitamin D is a hormone, meaning it travels in the blood to specific cells, like a messenger, to **signal changes in how cells and tissues work**.

**You can make vitamin D when your skin is exposed to sunlight.** It is still needed in the diet when there is a lack of access to the sun.

## NUTRITIONAL FACTS

FOOD	QTY	VITAMIN D	DAILY %	CARBS	PROTEIN	CALS
Salmon	100g	348 IU	58%	0	25.4g	182
Sardines(canned)	100g	184 IU	31%	0	25.3	195
Tuna	100g	160 IU	27%	0	25.5g	116
Milk -Whole	1 cup	124 IU	21%	11.7g	7.7g	149
Soy Milk	1 cup	120 IU	20%	1g	7.8g	74
Eggs	2 Large	87 IU	15%	1.1g	12.6g	155
Almond Milk	1 cup	98 IU	16%	2.7g	1g	36
Beef Liver	100g	49 IU	8%	5.1g	29.1g	191
Pork Chops	100g	29 IU	5%	0	28.8g	214
Lamb Roast	100g	24 IU	4%	0	26.2g	232

1. [www.onbetterliving.com/vitamin-d-foods](http://www.onbetterliving.com/vitamin-d-foods)  
 2. [www.Cronometer.com](http://www.Cronometer.com)