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| Sunshine Vitamin Sunlight is main source of  Vitamin D Free Vector Art - (728 Free Downloads)  Food Source  Cheese, margarine, butter, fortified milk, healthy cereals, and fatty fish  The sun is the ideal way to get vitamin D, since we can’t always count on the sun it is important to get vitamin D from Diet and supplements.  Milk is number one source of vitamin D in the American Diet.  The recommendations:   * 1-2-year-old children is 16 oz (2-3 cups) of whole milk. * 1-5-year-old children is 16 oz (2-3 cups) of low-fat milk.   This can provide 75% of the daily value of daily value of vitamin D.  Need a supplement to reach the body needs.  536 Vitamin D Illustrations, Royalty-Free Vector Graphics & Clip Art -  iStockKids Vitamin D3 Gummy | Garden of Life    mliy Health Car Centern WIC office | Benefits of Vitamin DEssential for normal growth developmentImportant for formation and maintenance of bone and teethHelp the absorption of phosphorus and calciumPrevent from many diseases.RDIvITAMIN d recommendationINFANTS: 10 MCG (400 iu)CHILDREN: 15 mcg (600 IU) |

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