



### WHAT IS VITAMIN D?

Vitamin D is a nutrient found in some foods, we need it to be healthy and to maintain strong bones. It helps our bodies absorb **calcium** from food and supplements. Together with calcium, vitamin D helps protect older adults from osteoporosis. We also need vitamin D for our muscles, nerves and immune system to function properly.

### WHY IS VITAMIN D SO IMPORTANT TO US?

In children, vitamin D deficiency causes rickets, where the bones become soft and bend. In adults, vitamin D deficiency may lead to bone pain and muscle weakness (osteomalacia).

### WHO IS AT RISK OF VITAMIN D DEFICIENCY?

- Breastfed infants
- Older adults
- People with dark skin
- People with disorders such as Crohn's disease or celiac disease
- Obese people

### CAN TOO MUCH VITAMIN D BE HARMFUL?

When vitamin D amounts in the blood become too high, it can be harmful. Signs of vitamin D toxicity include nausea, vomiting, poor appetite, constipation, weakness, and weight loss. Too much vitamin D can even damage the kidney. Vitamin D toxicity almost always occurs from overuse of supplements. Before you start taking vitamin D supplements, consult your doctor first, and take as directed.

#### Sources:

- National Institute of Health, MedlinePlus, US Department of Agriculture

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### HOW MUCH VITAMIN D DO I NEED DAILY?

Age	Recommended amount (IU)
Birth to 12 months	400
Children 1- 13 years	600
Teens 14-18 years	600
Adults 19-70 years	600
Adults 71 years and older	800
Pregnant and breastfeeding women	600

### HOW CAN I GET ENOUGH VITAMIN D?

There are three easy ways to get enough vitamin D each day:

1. Eat foods high in vitamin D or vitamin D fortified foods as shown in the table below.

Food	Vitamin D (IU)
Salmon, cooked (3 oz)	444
Halibut, cooked (3oz)	196
Nonfat milk, with added vitamin D (1 cup)	120
1% Milk, with added vitamin D (1 cup)	98
Nonfat yogurt, fortified with vitamin D (4.4 oz)	65
Egg, hard-boiled (1 whole)	44
Cheerios, ready-to-eat cereals (1 cup)	38

2. Get some sunshine. Our body can make vitamin D when our skin is directly exposed to the sun (without sunscreen). 10 to 15 minutes of sunshine three times a week is enough to produce enough vitamin D for the body. Because exposure to sunlight is a risk for skin cancer, you should use sunscreen after a few minutes in the sun.
3. Take vitamin D supplements as prescribed.



### 什麼是維生素 D?

維生素 D 是可以從某些食物中攝取、並且對我們的健康和骨骼都十分重要的一種營養素。維生素 D 可以幫助我們的身體從食物或營養補充品中吸收鈣質。維生素 D 與鈣質一起幫助預防骨質疏鬆症。我們也需要維生素 D 幫助維持我們的肌肉、神經和免疫系統的正常功能。

### 為什麼維生素 D 這麼重要?

如果兒童沒有攝取足夠的維生素 D，維生素 D 缺乏症可以導致佝僂病，令骨頭變軟並彎曲變形。如果成年人沒有攝取足夠的維生素 D，維生素 D 缺乏症可以導致軟骨病，引發骨痛和肌肉無力。

### 誰比較容易缺乏維生素 D?

- 母乳餵養的嬰兒
- 長者
- 皮膚顏色較深的人
- 患有克羅恩病或麸質敏感性腸病的人
- 患有肥胖症的人

### 攝取過多的維生素 D 對身體有害嗎?

是的，當你血液中的維生素 D 含量過高時，過多的維生素 D 會對你的身體有害。維生素 D 中毒的症狀包括噁心、嘔吐、沒食欲、便秘、無力和體重減輕。服用過多的維生素 D 甚至可以傷害腎臟。維生素 D 中毒一般由於服用過多的維生素 D 補充品引起的。如果你想服用維生素 D 補充品，請先諮詢您的醫生。

資料來源:

- National Institute of Health, MedlinePlus, US Department of Agriculture

### 我每天需要多少維生素 D?

年齡	維生素 D 建議攝取量 (國際單位)
出生至 12 個月	400
1-13 歲的兒童	600
14-18 歲的青少年	600
19-70 歲的成年人	600
71 歲以上的人	800
懷孕和哺乳期的女性	600

### 我如何能攝取足夠的維生素 D?

有三個簡單的方法可以幫助你補充足夠的維生素 D:

1. 多食維生素 D 含量高的食物和添加了維生素 D 的食物，如下邊的圖表。

食物	維生素 D (國際單位)
煮熟的三文魚 (Salmon) (3 安士)	444
煮熟的比目魚/龍利魚 (Halibut) (3 安士)	196
添加維生素 D 的脫脂牛奶 (1 杯)	120
添加維生素 D 的 1% 低脂牛奶 (1 杯)	98
添加維生素 D 的脫脂酸乳酪 (4.4 安士)	65
水煮蛋 (1 個)	44
麥圈, 早餐五穀片 (1 杯)	38

2. 曬太陽。曬太陽時，我們的身體可以直接從皮膚製造維生素 D。每個星期 3 次、每次曬太陽 10 至 15 分鐘，就可以讓你的身體製造足夠的維生素 D。為了讓你的身體製造足夠的維生素 D，你需要讓太陽照射到你的臉部、手臂、背部或腿部，並且不能擦防曬霜。因為暴曬可能會增加你患上皮膚癌的機會，所以在日曬幾分鐘后就應該擦防曬霜以免曬傷。
3. 按照醫生的囑咐使用維生素 D 的補充品。

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