VITALS VAULT

FREE GUIDE

Vitamin D: food ladder and lab tracker

What common foods contribute, and a place to log your blood level. Organisations disagree on what counts as low, so ask which definition is being used.

FOOD LADDER

Food	Serving	Vitamin D (IU)
Cod liver oil	1 tablespoon	1,360
Canned pink salmon	3 oz	465
Cooked sockeye salmon	3 oz	447
Canned sardines	1 serving	164
Canned tuna	1 serving	154
Fortified milk	1 cup	124
Fortified orange juice	1 cup	100
Egg	1	41
Fortified cereal	1 serving	40

RECOMMENDED INTAKE

600 IU a day for ages 19 to 70, and 800 IU over 70.

MY LAB TRACKER

Date	25-OH vitamin D	Season	Supplements at the time

QUESTIONS TO ASK

- [ ] Was the test 25-OH vitamin D?
- [ ] Which cut-off for low are you using?
- [ ] When should I retest after a change?

Sources: US dietary reference intakes. Food values as listed in US nutrient databases.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com