

Vitamin D Supplement for Pregnancy

- ▶ All pregnant women need 600 IU of vitamin D each day.
- ▶ Vitamin D works with calcium to keep your bones strong and to build strong bones and teeth for your baby.



- ▶ Getting enough vitamin D during pregnancy will help make sure your baby is born with more stored vitamin D.
- ▶ Your baby will also need a vitamin D supplement once she is born.

Pregnant women can meet their vitamin D needs through a variety of sources:

- ▶ **Prenatal supplements:** Some prenatal supplements have less than 600 IU of vitamin D. Read the label to be sure. If your prenatal supplement has less than 600 IU of vitamin D, you will need additional vitamin D from food or supplements.

- ▶ **Food**

Milk (1 cup)	103 IU
Fortified goat's milk (1 cup)	100 IU
Fortified rice or soy beverage (1 cup)	87 IU
Fortified margarine (1 tsp)	25 IU
Egg yolk, 1 egg	32 IU
Fortified orange juice (½ cup).....	50 IU
Salmon canned, pink (75 g or 2.5 oz)	422 IU
Herring or trout (75 g or 2.5 oz).....	190 IU
Mackerel (75 g or 2.5 oz)	80 IU
Tuna canned, light (75 g or 2.5 oz)	41 IU

* *Other fatty fish also contain vitamin D*



If you have questions about your vitamin D intake, talk to your health care provider.

For more information call 1-800-660-5853
or visit www.healthunit.org

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