

## **Vitamin D Rich Food Source**

When a person's skin is exposed to direct sunshine, the body creates vitamin D, a type of nutrient. Although vitamin D is not naturally present in many foods, people can nevertheless ingest it. Vitamin D rich food source like oily fish and several varieties of mushrooms contain significant amounts of vitamin D.

The Office of Dietary Supplements (ODS) Trusted Source states that the main advantage of vitamin D rich food source is that it promotes the health of bones, muscles, and nerves. Additionally, it supports a strong immune system.

If the birds laying the eggs are free-range, it is found in the yolks of the eggs. Vitamin D is also present in some mushrooms.

Vitamin D is not produced by any other plant-based meals, though. It might be challenging to get enough vitamin D rich food source for persons whose diets are primarily vegetarian or vegan as well as for those who do not or are unable to spend a lot of time outside.

The following foods will help people have more vitamin D overall in their bodies if they are worried that they are not getting enough through sunlight.

To help meet vitamin D requirements, it is typically advised that everyone get at least 10 to 20 minutes of sun exposure several times per week.

This value changes depending on a variety of variables, such as age, skin tone, and body mass. The greatest strategy to maintain normal D levels is, in short, sunshine exposure.

There are other ways to ensure you meet your needs if you are unable to spend time outside in the sun or if you reside in an area where your sun exposure is restricted, such as through dietary sources and supplements.

Because there are so few vitamin D rich food source available, it can be quite challenging to meet your needs only through dietary means. For most children and adults, therefore, a combination of sunlight, meals, and supplements may be appropriate.

## **How to Boost Absorption**

Since vitamin D is a fat-soluble vitamin, the best absorption occurs when it is ingested with fat.

If you're going to consume a vitamin D rich food source, it's advisable to also consume a source of fat, such as ghee, coconut oil, nuts, seeds, or fish, to aid with absorption.

## **How Many Vitamin D Foods to Eat**

Aim for one to two daily servings of foods high in vitamin D. To ensure that you are getting enough vitamin D as well as other essential micronutrients, try to incorporate a variety of veggies, dairy products, and fatty fish.

It may be more difficult for people who don't eat fish to obtain adequate vitamin D from food alone. Vegetarians and vegans alike still have access to a wide variety of vitamin D rich food source.

In addition to fatty fish and liver, sources of vitamin D include eggs, mushrooms, and fortified foods including cereal, juice, and dairy.

### **Vitamin D – The Adequate Daily Dosage**

Your daily dose of vitamin D should be measured in micrograms (mcg) or international units (IU). 40 IU are contained in one mcg of vitamin D.

### **Vitamin D requirements as per Age and Gender**

Infants 0-12 months: 400 IU or ten mcg

Children 1-18 years: 600 IU or 15 mcg

Adults up to 70 years: 800 IU or 15 mcg

Adults over 70 years: 800 IU or 20 mcg

Pregnant or Lactating Women: 600 IU or 15 mcg

### **Sources of Vitamin D**

The best source of vitamin D is sunlight. Your vitamin D levels can increase only by spending ten to fifteen minutes in the sun. This is so that vitamin D may be produced when sunlight strikes our skin, which contains fat or cholesterol.

While getting enough sun is more than enough to keep vitamin D levels in check, consuming specific foods high in vitamin D is also crucial. People with severe vitamin D insufficiency might take vitamin D supplements in addition to diet to meet their daily needs.

### **Oily Fish**

Vitamin D is quite well-sourced in swordfish.

The amount of vitamin D in oily fish and fish oils is among the greatest in dietary sources.

These may consist of:

Cod liver oil: This product has 450 international units (IU) per teaspoon, which is 75% of the daily requirement for an adult (RDA).

Herring: This food provides 306 IU per fillet when it is dry-cooked, which is 51% of the recommended daily allowance.

Swordfish: This food provides 706 IU, or 117 percent of the RDA, per piece when it is dry-cooked (Reliable Source).

### **Mushrooms**

Certain mushrooms might be a choice for someone who dislikes fish or is vegetarian or vegan. High levels of vitamin D are found in several varieties of mushrooms.

These consist of:

50 grams (g) of raw maitake mushrooms contain 562 IU, or 94 percent of a person's recommended daily allowance (RDA).

Shiitake mushrooms that have been dried contain 77 IU per 50g Trusted Source, or 12% of the recommended daily allowance.

UV light exposure can cause mushrooms to have significant quantities of vitamin D. These may consist of:

Raw Portobello mushrooms that have been exposed to UV rays have a 568 IU content per 50 gTrusted Source, or 95% of the recommended daily allowance.

Raw white mushrooms that have been exposed to UV rays have 523 IU per 50 gTrusted Source, or 87 percent of a person's RDA.

### **Egg yolks**

Additionally, vitamin D levels in egg yolks might be high, especially if the birds were raised without confinement. For instance, two large hen eggs used to make scrambled eggs contain 88 IUTrusted Source, or 15% of a person's RDA.

### **Fortified foods**

Many commercially accessible foods have vitamin D added by manufacturers. These foods are said to have been supplemented with vitamin D or other nutrients.

Foods frequently containing additional vitamin D and other minerals include:

orange juice, cow's milk, and a variety of morning cereals

### **Kale**

The king of all leafy vegetables is often referred to as kale. That is as a result of its fantastic nutritional advantages. It is widely available all over the world and is known by the scientific name *Brassica oleracea* var. *sabellica*.

The vitamin D can also be found in kale or leaf cabbage. Its strong nutritional qualities support the growth of the brain. It also strengthens the immune system. Kaempferol and quercetin, two top-notch antioxidants that are essential for brain health, are found in kale.

### **Orange**

*Citrus X sinensis* is the scientific name for orange. You can get it practically anywhere, and you can take it with you. Antioxidants found in it are abundant and aid the body in battling illnesses.

Vitamin D is abundantly present in oranges. As a result, it shields our cells from harm. Additionally, it aids collagen production in our bodies. Collagen helps the skin become smoother and heals wounds.

Additionally, it strengthens our immune system and absorbs iron to combat anemia. 137 IU of vitamin D are present in 1 glass of fortified orange juice. You can increase your daily vitamin D intake by consuming one glass of juice.

### **Cheese**

One of the most mouthwatering additions to our diet is cheese. It contains a lot of calcium, phosphorus, protein, and fat. Therefore, consume raw cheese if you enjoy it. You can also spread cheese on the bread or add it to your sandwich. Cheese should be consumed in moderation, though.

The amount of vitamin D in 100 grams of cheddar cheese is 24 IU, feta is 16 IU, and swiss cheese is 20 IU. Cheese is a rich source of vitamin D, even though the amounts vary.

### **Fortified Yoghurt**

The fortified version of yogurt can give you 10–20% of your recommended daily intake of vitamin D in addition to being healthy for the gut. Yogurt can be incorporated into your meals in a variety of ways to ensure a balanced, healthy diet.

### **Fortified Cereals**

Oatmeal that is unsweetened and fortified can increase your diet's intake of Vitamin D significantly. Each serving provides 40 IU of vitamin D. If you select a cereal that is more robustly fortified, it might offer more.

The finest example is Raisin Bran, which has 60.2 IU per cup. You can add a half-cup of fortified low-fat or fat-free milk to your bowl to get an extra 60 IU. By using vitamin D rich food source like vitamin D-enriched margarine and fortified cereal. you can also prepare morning cookies.

### **Salmon**

Omega-3 fatty acids and high-quality lean protein are both found in salmon. It also contains a lot of vitamin D. 447 IU of vitamin D are found in cooked salmon. To enhance your vitamin D levels, include salmon in your diet.

### **Canned Tuna Fish**

85 grams or three ounces of tuna have 154 IU of vitamin D in them. Your vitamin D store could be depleted if you eat a tuna sandwich or tuna salad for lunch.

## **9 Proven Health Benefits of Vitamin D**

strengthens the muscles and bones

Boosts Immunity, Improves Oral Health, Decreases Diabetes Risk, Supports Mental Health, Decreases Cancer Risk

Weight Loss Boosted by Vitamin D

Infant Health is Supported by Vitamin D

Healthy Pregnancy is Assisted by Vitamin

**Conclusion**

Because it is so accessible, vitamin D is undervalued. One of the causes is a lack of understanding of its significance.

It's essential to get enough vitamin D to keep your bones strong. Spending regular time outside while ensuring sure the arms, face, and legs are exposed is the simplest approach to obtain adequate vitamin D.

Consuming adequate amounts of vitamin D may be challenging, depending on a person's food preferences. In this situation, vitamin D pills, which can be bought online, might be a wise decision.

Try to eat oily fish, some mushrooms, and free-range egg yolks if this isn't possible.