



Vitamin D & Breastfed Infants

Only breastfeeding is recommended for the first 6 months. Continue breastfeeding for up to 2 years and beyond. Breastmilk is the only food your baby needs to grow and be healthy until 6 months. At 6 months you can start feeding your baby solid foods AND breastmilk.

Health Canada recommends that all breastfed, healthy-term babies in Canada get a daily vitamin D supplement of **10µg (400 IU)**. A liquid vitamin D supplement can be bought at pharmacies. Give your baby vitamin D drops until your baby is one year old and eating or drinking foods that have enough vitamin D. To give the vitamin D turn the bottle upside down and put one drop on the nipple before breastfeeding. Do not drop right into baby's mouth. Once your baby starts solids (around 6 months) you can add the Vitamin D drop on a spoonful of food.

Why is Vitamin D Important?

Your baby needs vitamin D to grow well. It helps build healthy bones and teeth. Babies who don't get enough vitamin D might get sick. Not enough vitamin D can cause weak bones and teeth.

Vitamin D is formed naturally when skin is in direct sunlight. In Canada, the sun is not strong enough during the year for babies to make the vitamin D they need through their skin. Also, babies who are less than one year old should stay out of direct sunlight.



Common Food Sources of Vitamin D

FOODS	AMOUNT	INTERNATIONAL UNITS (IU) OF VITAMIN D
Cow's milk	250 ml (1 cup)	100 IU
Fortified soy milk	250 ml (1 cup)	88 IU
Yogurt fortified with Vitamin D	175 ml (3/4 cup)	58 - 71 IU
Fish	1 oz. (30 grams)	Approx. 100 IU
Egg yolk	One	25 IU
Margarine	1 tsp.	25 IU

Source: "Canadian Nutrient File", www.hc-sc.gc.ca/fnfan/nutrition/fiche-nutri-data/index-eng.php.

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