

Vitamin D

For Pregnant and Nursing Women

Key Points to Remember:

1. Pregnant and breastfeeding women need to take Vitamin D supplements every day in addition to prenatal vitamins.
 - Vitamin D supplements are easy to swallow and don't make you feel sick.
 - Taking a vitamin D supplement will help your baby have strong bones and teeth.
 - If pregnant and nursing women don't get enough vitamin D, their baby might develop rickets.
2. Rickets is 100% preventable. All babies under the age of 2 (breastfed or formula fed) should take 2 drops (800IU) of Baby Ddrops™ every day.
 - Rickets is a painful disease. It makes bones get soft and bend.
3. Choose foods with vitamin D every day.

Is there
Vitamin D in
country food?

Yes!



Fish



Fish eggs



Bird eggs



Maqtaaq

Vitamin D is also in store bought foods

- Milk
- Chocolate milk
- Soy beverages (check the label)
- Eggs
- Fish like salmon, tuna and sardines
- Yogurt (check the label)
- Margarine