

The American Academy of Pediatrics recommends that all infants and children should have a minimum intake of 400 IU of Vitamin D per day starting soon after birth.

- ☀️ Breastfed and partially breastfed infants should receive a supplement of **400 IU of Vitamin D3 daily** starting in the first few days of life.
- ☀️ Non-breastfed infants who consume less than four 8-ounce cups (32 ounces) of D-fortified formula daily, should receive a supplement of **400 IU of Vitamin D3 daily**.
- ☀️ Children 1 year and older should receive a supplement of **600 IU of Vitamin D3 daily** unless they are consuming it through food. Few foods are naturally high in Vitamin D so this can be hard to achieve.
 - Dietary sources include: sardines, wild-caught salmon, tuna, cod liver oil, egg yolks and fortified milk, yogurt, and some ready-to-eat cereals.
- ☀️ Children with increased risk of vitamin D deficiency (taking certain medications or with chronic diseases such as cystic fibrosis) may need higher doses of vitamin D.

Sun exposure has been the primary means of getting adequate levels of vitamin D, but concerns about skin cancer have brought recommendations that sun exposure be limited in all ages. Therefore, for most people, vitamin D3 supplements are considered necessary.