

Food Connection: Vitamin D Deficiency

At H-E-B Wellness we believe that food is foundational to health. We also understand that eating habits are extremely personal and should be individualized. Therefore, we would encourage you to work with your H-E-B Dietitian to help create a food and nutrition plan that is tailored to your unique needs, goals, and values. This handout is meant to act as a simplified starting resource as you look to manage your health through food.

Vitamin D Deficiency

Low Vitamin D levels may result from both lifestyle and environmental factors. Substantial research shows that changes to dietary and lifestyle habits can have positive impacts to Vitamin D levels. Maintaining an optimal Vitamin D range may support bone density, immunity, and even mental health. Lifestyle and dietary changes may also cost less and have similar impacts as taking prescription medications, for some individuals. If your doctor has recommended looking into diet modifications to manage your vitamin D deficiency, below is a summary of relevant nutrition information to help support your goals. Visit with your H-E-B Dietitian or H-E-B Wellness Primary Care provider to determine appropriate intake levels for the foods listed.

Foods to Encourage

Nutrient	Impact	Food Sources*	Amount**
Vitamin D2	Increases blood levels of Vitamin D	2/3 cup Monterey white mushrooms sliced, 1 cup H-E-B Organics Unsweetened Original Almond Milk, 1 cup Silk Original Soy Milk	RDA: Ages 1 to 70: 600 IU (15 mcg) Ages 71+: 800 IU (20 mcg)
Vitamin D3	Increases blood levels of Vitamin D	10-30 min midday sunlight, several times per week, 1 cup 2% Mootopia, 8 oz H-E-B SI Calcium & Vitamin D Orange Juice, 1.33 cup Kellogg's Special K Protein Original Multi-Grain Touch of Cinnamon Cereal, 1 H-E-B large egg	RDA: Ages 1 to 70: 600 IU (15 mcg) Ages 71+: 800 IU (20 mcg)
Omega 3 Fatty Acids (DHA/EPA)	Vitamin D is a fat-soluble vitamin benefiting from dietary intake of fats	1 tbsp Central Market Organic Flax Oil, Central Market Cod Liver Oil softgel, 3 oz Wild Caught Sockeye Salmon	250-500 mg

*Each food listed under *Food Source* provides a good source, or at least 10% of the Daily Value, of the nutrient per serving. Always refer to the nutrition facts label of a food for specific quantities of nutrients as these may vary greatly.

**Quantities listed under *Amounts* based on Adequate Intakes (AI) or Recommended Daily Allowances (RDA) for the nutrient.

Schedule a visit with your H-E-B Dietitian for additional product recommendations and to create a personalized nutrition plan. Visit www.heb.com/nutrition to schedule or speak to your Wellness Care Team to learn more.

H-E-B Shopping List

