

Add vitamin D simply by top 10 foods rich in vitamin D

This is the top 10 vitamin D-rich foods that you should use daily to supplement your body's vitamin D.

Food is the most effective and safe source of **vitamin D** for the body. So do you know which foods are rich in vitamin D? Find out through TipsMake.com's article below!

content

1. Effect of vitamin D
2. Top 10 effective vitamin D supplements

Effect of vitamin D

Like vitamins A, B, C, E, . vitamin D plays an extremely important role for human health. The use of vitamin D includes:

Good for bones

Vitamin D helps strengthen bones, prevent rickets in children, osteoporosis, osteomalacia in the elderly, premenopausal women and menopause. The majority of vitamin D entering the body will be retained in the bone. Here, vitamin D helps bones absorb calcium in food (calcium is one of the important components that make up bones). If you don't get enough vitamin D, no matter how much milk you drink, how much calcium is used is "not good".



Vitamin D helps strengthen bones

Enhance immunity, prevent cancer

Vitamin D is involved in cell regulation, regulating the function of some genes, supporting metabolism and secretion of hormones, including parathyroid hormone and insulin. Studies show that vitamin D is also capable of affecting the differentiation of some skin cancer, bone cancer, and breast cancer cells. It is also pointed out that if the body is getting enough vitamin D, it can reduce the risk of developing breast cancer, colon cancer, prostate cancer and boost the body's immune system.

Use vitamin D with the fetus

Vitamin D is essential for fetal development, especially bones, teeth and skulls. In addition, it also helps reduce the incidence of premature births and complications during pregnancy.



Vitamin D is essential for the development of the fetus

Maintain blood calcium levels

In addition to bone, vitamin D is also retained in the liver, kidneys with a small percentage to stabilize calcium levels in the blood.

Top 10 effective vitamin D supplements

On average, our body needs about 600 units of IU of vitamin D. Every day, too little or too much vitamin D cannot be healthy. In addition to sunbathing, the best way to supplement vitamin D can be through the diet. So which foods are rich in calcium that we should use?

Fish: Fish is a good source of vitamin D, especially herring. A piece of herring contains about 306 IU of vitamin D, which meets half of the body's needs. You can use fresh fish or canned fish.

Mushrooms: The amount of vitamin D in mushrooms is very high. A bowl of diced mushroom can provide 64% of the necessary vitamin D, but the calories are quite low.

Cod liver oil: Cod liver oil is extracted from cod liver. One teaspoon of snow liver oil supplements about 450 IU of vitamin D and 41 calories. Not only that, it is also rich in omega 3.

Tofu: Tofu is a food rich in vitamin D and calcium. 100 grams of tofu provide about 39% of the vitamin D that the body needs every day. Tofu also contains a lot of protein.

Caviar: A small amount of caviar can give you 19 IU of vitamin D. In caviar, people also find many vitamins, minerals and essential fats for the body.

Pork loin: Pork tenderloin is low in fat, rich in protein, vitamin D and many other nutrients. 100 grams of pork tenderloin provides about 10 IU of vitamin D and 159 calories.

Beef liver: 100 grams of beef liver gives you 50 IU of vitamin D and many other vitamins and minerals. However, we should not eat too much beef liver and make sure the liver is cooked before eating.

Dry sausage: 100 grams of dried sausage contains about 62 IU of vitamin D. Although it contains lots of vitamin D, we should only eat dried sausage in moderate amounts, avoiding high blood cholesterol.

Milk and dairy products: This is a very rich source of calcium and vitamin D. 100 grams of supplemented milk is about 52 IU of vitamin D for the body.

Eggs: 100 grams of eggs contain about 37 IU of vitamin D. Eggs are also a good source of vitamin B12, calcium and protein.



Vitamin D supplements for the body

Hopefully, our sharing has helped you to better understand the effects of vitamin D and vitamin D supplements. Visit META.vn for advice and order quality vitamin D3 supplements.

>>> More references:

1. Vitamin D supplementation reduces the risk of severe asthma by half
2. Vitamin D deficiency in newborns is at risk of autism
3. Higher vitamin D levels may increase bone density in newborns
4. Unexpected effects of lazy sunbathing

You finished reading the article "**Add vitamin D simply by top 10 foods rich in vitamin D**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.