

How to Get Enough Vitamin D Without Supplements

Does a few minutes of sunbathing provide enough vitamin D for your body? If you are still wondering and do not know how to get enough vitamin D without taking supplements, please refer to the instructions below.

Does a few minutes of sunbathing provide enough **vitamin D** for your body? If you are still wondering and do not know how to get enough **vitamin D** without taking supplements, please refer to the instructions below.



Vitamin D plays an important role in many functions, including supporting strong bones, healthy muscles, metabolism, immunity, and even brain health. However, not everyone gets enough vitamin D every day.

What causes this? Our dietary sources of vitamin D are very limited – especially compared to most other vitamins and minerals. Very few foods naturally contain vitamin D; however, some foods and drinks have been fortified with the nutrient. We also get vitamin D from sunlight, but many factors affect how much vitamin D our bodies absorb.

According to nutritionists, adults should supplement between 600 and 800 IU of vitamin D per day. Vitamin D deficiency can increase the risk of pregnancy complications, autoimmune disorders, chronic diseases such as diabetes or cancer, and mental health problems such as depression.

The good news is that by focusing on quality foods and the right habits, you can get enough vitamin D without taking supplements.

Eat plenty of wild-caught fatty fish

If you're looking for other sources of vitamin D, especially during the winter months when sunlight can be scarce, fatty fish is one of the richest natural food sources of vitamin D.

Wild-caught fatty fish contain more vitamin D than farmed fish. 3 ounces of cooked wild-caught sockeye salmon contains 570 IU—nearly 95 percent of your daily needs, compared to farmed salmon, which provides only about 250 to 400 IU.^{3,4,5} If you don't like salmon, mackerel, herring, and sardines are also excellent sources of vitamin D.

The great thing about eating a lot of fish is that it's quick and easy to prepare and cook. Fresh or frozen fillets can go straight into the pan, oven, or grill—no thawing time required. Fish is delicious with just a little black pepper, garlic, or a squeeze of lemon, which can really help cut through the fishy taste. Canned or smoked fish can also be used; just drain and add to salads or sandwiches.

For easy vitamin D-rich meals, try adding wild-caught fatty fish to tacos, cereal bowls, omelets, or breakfast sandwiches. Make your next avocado toast more interesting by adding sardines or smoked salmon. It's an easy, delicious way to get your vitamin D fix.

Drink a glass of milk

Whether you prefer skim, low-fat, whole or lactose-free milk, most milks contain vitamin D.

One cup of regular milk contains 120 IU, about 15% of the daily value of vitamin D. For added flavor, add vitamin D-enriched milk to smoothies, lattes, tea, overnight oats, or chia seed pudding.



Eat the whole egg

Although egg yolks may be viewed negatively by proponents of weight-loss or fad diets, they are actually a source of vitamin D, along with many other vitamins and minerals such as phosphorus, iron, folate, choline, and

protein.

One large egg provides 44 IU of vitamin D, about 6% of the daily value. Crack a few eggs and enjoy them scrambled, hard-boiled, or fried in pita bread, on whole-wheat toast, mixed with vegetables, or baked in tomato sauce. Eggs are versatile, nutritious, and a delicious way to get your vitamin D.

Drink orange juice

The sweet, tart, refreshing taste of orange juice not only provides vitamin C but also vitamin D and calcium. One cup of fortified orange juice contains about 100 IU of vitamin D.

Pair orange juice with avocado and whole-wheat toast topped with peanut butter. All three foods are good sources of magnesium, another mineral that aids in the absorption of vitamin D.



Spend more time outdoors

Your skin makes vitamin D when exposed to UVB rays, and even casual outdoor activities like playing tennis, golfing, or gardening get this benefit. However, sun exposure comes with risks, such as melanoma.

However, you don't have to stay outside for too long. Skin color and the time of day are important factors to consider when going outside. Most people only need 5 to 30 minutes of sun exposure, twice a week, to make enough vitamin D. After a few minutes, you should apply sunscreen.

You finished reading the article "**How to Get Enough Vitamin D Without Supplements**" 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.