

should get 800 IU.

- Include vitamin-D-rich foods in your diet. These include fatty fish such as salmon, trout, sword fish, and tuna. Eggs and mushrooms also contain small amounts of vitamin D.
- Milk, including soy and almond milk, is fortified with vitamin D. Some other dairy products, orange juice, and cereal also can have vitamin D added. Read labels to be sure.
- If you take a calcium supplement, you may already be getting added vitamin D. Some calcium supplements contain vitamin D.
- Past studies on vitamin D and cancer risk do not suggest that high-dose supplements are needed and do not suggest that most people need to have their vitamin D levels checked. However, if you are concerned about your levels of vitamin D, check with your health care provider.

Hyperlinks

1. www.cancer.org/cancer/understanding-cancer/anatomy-gallery/lymphatic-system.html
2. www.cancer.org/cancer/understanding-cancer/anatomy-gallery/nervous-system.html
3. www.cancer.org/cancer/understanding-cancer/anatomy-gallery/skin.html

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