

Vitamin D Evaluation

Better health from A-Z requires enough D

"Better health from A-Z requires enough D" is more than a cute saying! Vitamin D is actually a hormone critical for helping the body work better. One of its better known duties is to help the body absorb calcium, making it essential for bone health. It is also needed to manage blood sugar levels, help fight against cancer and heart disease, support the immune system, and regulate blood pressure. In order for the body to use this fat soluble nutrient, the liver and kidneys convert it into a usable form, so we need them to be healthy to support this process too. You can get some vitamin D from a few foods like some fish, eggs, and mushrooms, from fortified foods, and from the sun. And yet, getting enough vitamin D from these sources is challenging and even unhealthy (nobody should drink 6-8 glasses of milk a day, nor should you skip sunscreen just to load up on D!). So let's assess your vitamin D status, and help you get (and keep) better vitamin D levels from better not perfect choices more often.

Know Your Number

You should ask your doctor for a vitamin D test (it's called "vitamin D 25-OH").

- For healthy people, strive for a range of 35-55
- For those battling disease, or who have had cancer, aim for 45-55+
- Note: Your vitamin D status can change from year to year so check it at least annually.

Section 1:

Where are you getting your vitamin D from currently?	Yes	No
Salmon, sardines, tuna?		
Mushrooms?		
Beef liver?		
Egg yolks?		
Fortified dairy and non-dairy milks, juices		
Fortified cereal, powder or bar?		

Where are you getting your vitamin D from currently?	<1 servings/wk	2-4 servings/wk	>5 servings/wk
Salmon, sardines (1 oz) Tuna (4 oz)			
Dairy & non-dairy milk, juices (4 oz)			
Egg, with yolk (2)			
Portabella mushroom (1/10), white or crimini mushroom (1/2), maitake mushrooms (2 Tbsp diced)			
Fortified cereal, powder, bar (each serving ~100 iu/25 mcg)			

Each serving is ~100 I.U. or ~2.5 mcg,
How much vitamin D are you getting from food and beverages?

IU / mcg

Are you getting supplemental vitamin D?

Yes

No

Do you take a multi with vitamin D3 or D2?

Do you take a fish oil with vitamin D3?

Do you take a bone support supplement with vitamin D3?

Do you take an anti-inflammatory or immune support supplement with vitamin D3?

What is your total supplemental vitamin D3 or D2 intake from supplements?

IU / mcg



Section 2:

Tell us a little about yourself?

Yes

No

I live north of a line drawn from San Francisco to Philadelphia (there isn't actually a line, you're gonna have to use your imagination!)

I'm in the sun all summer (with some skin exposure) but not in the winter.

I'm in a sun all year round (with some skin exposure).

I'm in the office, or I cover my body from head to toe in clothing & use sunscreen all year round.

I have darker skin pigment.

I'm covering the grey in my hair (or I've lost all my hair!).

I follow a low-fat or no-fat diet.

Are you getting enough magnesium daily?

Section 3:

Tell us about your current health and history.

	Yes	No
Have you had digestive tract or bariatric surgery?		
Have you had your gallbladder removed?		
Do you take any of the following medications: laxatives, steroids/prednisone, cholesterol lowering (cholestyramine etc.), seizure medications, orlistat or rifampin?		
Do you have excess body fat that concerns you?		
Are you very muscular?		
Are you depressed or have a history of depression?		
Do you experience frequent muscle aches, weakness, or bone pain?		

Are you currently diagnosed with:

SIBO or IBS
Celiac disease
Cystic Fibrosis
Crohn's or Ulcerative colitis
Kidney or liver disease(s)
Cancer
Thyroid disease (Hashimoto's, Graves etc.)
Low bone density
Dementia
Diabetes
Heart disease
Auto-immune disease or other immune challenge



The Better Nutrition Vitamin D Evaluation

NOTES:



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