



**Women**  
(Pregnant,  
New Moms  
& Breastfeeding)

**Infants**  
(Under One Year)

**Children**  
(Under Five Years)

# Vitamin D

Office of the Maryland WIC Program

201 W. Preston Street

Baltimore, MD 21201

## Breastfeeding & Vitamin D

☑ The Maryland **WIC** Program is committed to breastfeeding as the healthiest way to feed an infant and supports the American Academy of Pediatrics position on breastfeeding.

☑ **WIC** encourages mothers to breast-feed their infants for the first year of life and beyond unless medically contraindicated.

Breastfeeding is the recommended method of infant feeding and provides both necessary nutrients and immune factors. However, without added fortification or supplementation, neither breast milk nor typical infant formula provides adequate vitamin D. Human milk typically contains a vitamin D

concentration of 25 IU per liter or less. Therefore, a supplement of 400 IU per day of vitamin D is recommended for all breastfed infants.



*Neither breast milk alone nor typical infant formula provide adequate amounts of vitamin D for younger infants.*



Liquid infant supplements, either a multi-vitamin with 400 IU/mL of vitamin D or 400 IU/mL vitamin D alone, are now widely available and meet infant's needs.

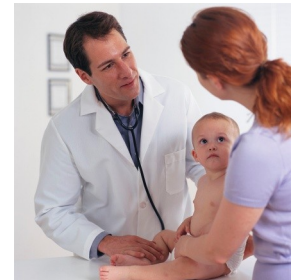
***The AAP recommends that all infants and children including adolescents, have a minimum daily intake of 400 IU of vitamin D.***



# AAP Vitamin D Recommendations

Please consider these recommendations when working with your patients:

- ☑ Breastfed and partially breastfed infants should be supplemented with 400 IU of vitamin D per day beginning in the first few days of life.
- ☑ All non-breastfed infants, as well as older children, who are consuming less than one quart per day of vitamin D-fortified formula or milk, should receive a vitamin D supplement of 400 IU per day.
- ☑ Adolescents who do not obtain 400 IU of vitamin D per day through foods should receive a supplement containing that amount.
- ☑ Children with increased risk of vitamin D deficiency, such as those taking certain medications, may need higher doses of vitamin D.



## References:

Institute of Medicine, Food and Nutrition Board. Dietary Reference Intakes for Calcium and Vitamin D. Washington, DC: National Academy Press, 2010.

<http://www.aap.org/healthtopics/vitamind.cfm>

<http://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>

[http://www.cdc.gov/breastfeeding/recommendations/vitamin\\_D.htm](http://www.cdc.gov/breastfeeding/recommendations/vitamin_D.htm)

## QUESTIONS?

Contact the Maryland

State **WIC** office

410-767-5242

Thank you for your continued support of the Maryland **WIC** Program!

Martin O'Malley,  
Governor

Anthony G. Brown,  
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