

the better nutrition 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 A:

Where are you getting your vitamin D from currently?

YES | NO

Are you eating or sipping on vitamin D:		
Salmon, sardines, tuna?	<input type="checkbox"/>	<input type="checkbox"/>
Mushrooms?	<input type="checkbox"/>	<input type="checkbox"/>
Beef liver?	<input type="checkbox"/>	<input type="checkbox"/>
Egg yolks?	<input type="checkbox"/>	<input type="checkbox"/>
Fortified dairy and non-dairy milks, juices	<input type="checkbox"/>	<input type="checkbox"/>
Fortified cereal, powder or bar?	<input type="checkbox"/>	<input type="checkbox"/>

How much vitamin D are you having most days?

<1 serving/wk | 2-4 servings/wk | >5 servings/wk

Salmon, sardines (1 oz) Tuna (4 oz)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dairy & non-dairy milk, juices (4 oz)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Egg, with yolk (2)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Portabella mushroom (1/10), white or crimini mushroom (1/2), maitake mushrooms (2 Tbsp diced)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fortified cereal, powder, bar (each serving ~100 iu/25 mcg)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Each serving is ~100 iu 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?

☐ ☐

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 intake from supplements? _____ IU / mcg

Section B:

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 in enough calcium daily?

☐ ☐

Section C:

What's your current health status?

YES | NO

Do you have a digestive condition such as Crohn's/Ulcerative Colitis, SIBO, IBS, celiac disease, or have you had your gallbladder removed?

☐ ☐

Do you have excess bodyfat that concerns you?

☐ ☐

Are you very muscular?

☐ ☐

Are you currently diagnosed with:

cancer

☐ ☐

thyroid disease

☐ ☐

heart disease

☐ ☐

low bone density

☐ ☐

dementia

☐ ☐

diabetes

☐ ☐

impaired immune function

☐ ☐

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NOTES:

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All materials developed and reviewed by Ashley Koff RD at times in conjunction with other leading healthcare practitioners.
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