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INCREASED VITAMIN D INTAKE ENCOURAGED FOR CHILDREN *American Academy of Pediatrics Doubles Vitamin D Recommendations*

Omaha, Neb. – Oct. 17, 2008 – The American Academy of Pediatrics (AAP) is doubling the amount of vitamin D it recommends for infants, children and adolescents according to a new clinical report released Oct. 13 by the AAP. The report, entitled "Prevention of Rickets and Vitamin D Deficiency in Infants, Children and Adolescents," was distributed at the AAP's National Conference and Exhibition.

The AAP adjusted their recommendations for vitamin D issued in 2003, from 200 international units (IU) a day beginning in the first two months of life to 400 units per day of vitamin D beginning in the first few days of life. The guidelines were revised based on new clinical trials and past recommendations that 400 IU of vitamin D per day can be safely given to children to prevent or treat rickets, softening and distortion of the bones, and may provide additional health benefits. According to the AAP report, children 1 year of age and older should consume vitamin D from vitamin D-fortified milk and other fortified foods and take a supplement if needed, under guidance by a pediatrician. Babies that are exclusively and partially breastfed are particularly at risk for vitamin D deficiency and should receive a vitamin D supplement until they begin drinking at least 32 ounces of formula a day.

"Research shows that increasing vitamin D intake can provide life-long health benefits, yet data indicate that most children are not getting enough," said Frank R. Greer MD, FAAP and Chairman of the AAP Committee on Nutrition. "It's important that each parent talks with their child's pediatrician to determine if their child is meeting the appropriate vitamin D levels to help prevent deficiency."

Consuming three servings of vitamin D-fortified milk not only provides vitamin D but also many other nutrients that contribute to overall health and a reduced risk of chronic diseases.¹ "Milk is an ideal source of vitamin D for children due to its unique nutrient-rich package and kid-friendly flavors," said Beth Bruck-Upton, Director of Nutrition Affairs at the American Dairy Association/Dairy Council of Nebraska. "In addition to providing bone-building nutrients like vitamin D and calcium, increasing consumption of dairy foods in general improves overall diet quality."

¹ Miller, G.D., J.K. Jarvis, and L.D. McBean. *Handbook of Dairy Foods and Nutrition*. 3rd ed. Boca Raton, FL: CRC Press, 2007.

Dairy foods are the main sources of calcium and vitamin D in the diets of Americans.² Three 8-oz. glasses of low-fat and fat-free vitamin D-fortified milk or equivalent milk products daily, as recommended by the 2005 Dietary Guidelines for Americans ages 9 years and older, provide 90 percent of the recommended Daily Value (DV) for calcium and 75 percent of the DV for vitamin D.³ (For additional recommendations on daily serving sizes of milk and milk products for all age groups, visit the U.S. Department of Agriculture's MyPyramid Web site at:

www.mypyramid.gov/pyramid/milk_amount_table.html.) Additionally, of the five important nutrients cited in the 2005 Dietary Guidelines as "nutrients of concern" because of inadequate intake by children and adolescents (calcium, potassium, fiber, magnesium and vitamin E), dairy foods provide three – calcium, potassium and magnesium.⁴

For healthy recipe and snack ideas to help children get the recommended amount of vitamin D, visit www.nebmilk.org or www.3aday.org.

The American Dairy Association/Dairy Council of Nebraska contributes to optimal health through leadership in nutrition research and education by encouraging food selection patterns that include dairy foods and other major food categories in accordance with scientific recommendations.

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2 Keast, D.R., S.L. Hoerr, V.L. Fulgoni, et al. FASEB J. V19(4): A59 (abst. # 62.5), 2005.

3 Based on rounded values from USDA Nutrient Database. Release 21. <http://www.nal.usda.gov/fnic/foodcomp/search/>.

4 U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.