

Vitamin D Food Sources Guide

Bombay Spine Clinic™

Patient Nutrition Guide for Healthy Bones, Muscles & Spine

Why Vitamin D Matters

Vitamin D plays a vital role in helping your body absorb calcium, maintain strong bones and muscles, and support normal nerve and immune function. Low Vitamin D levels are common and may contribute to bone weakness, osteoporosis and muscle aches. Vitamin D deficiency should be diagnosed and treated under medical supervision.

Source	Examples / Tips
Sunlight	15–30 minutes of sunlight on arms and face (timing varies with skin type, season and
Fatty Fish	Salmon, Mackerel, Sardines, Tuna
Eggs	Egg yolk contains natural Vitamin D
Mushrooms	UV-exposed mushrooms provide Vitamin D
Fortified Dairy	Fortified milk and yogurt
Fortified Foods	Breakfast cereals, plant-based milks and other fortified products
Supplements	Only when prescribed by your doctor after evaluation

Tips to Maintain Healthy Vitamin D Levels

- Spend time outdoors regularly when practical.
- Eat Vitamin D-rich and calcium-rich foods together.
- Stay physically active with regular walking and strengthening exercises.
- Maintain a healthy body weight.
- Take supplements only if recommended by your doctor.

Frequently Asked Questions

Can I get enough Vitamin D from food alone? Food helps, but sunlight and supplements (when needed) may also be important.

Should everyone take Vitamin D supplements? No. Supplementation should be based on your clinical assessment and, when appropriate, blood test results.

Can too much Vitamin D be harmful? Yes. Excessive supplementation may be harmful. Always take the dose prescribed by your doctor.

Disclaimer: This guide is for general patient education. Vitamin D requirements vary according to age, lifestyle, medical conditions and laboratory findings. Please consult your treating doctor before starting supplements.