



Vitamin D

Did you know?

Vitamin D is a nutrient needed for health and to maintain strong bones?

Vitamin D aids in the absorption of calcium and phosphorus in our bodies, helps bring calcium and phosphorus to our bones and teeth, and helps regulate how much calcium remains in our blood?

Together with calcium, vitamin D helps protect against the loss of bone mass?

Muscles need Vitamin D to move, nerves need it to carry messages between the brain and every body part? The immune system needs vitamin D to fight off invading bacteria and viruses?

Three ways to get Vitamin D

1. *Through your skin* - Known as the "sunshine vitamin," your body converts sunlight into vitamin D after it hits unprotected skin. However, be careful to avoid extended exposure to sunlight without sunscreen.
2. *From your diet* - Very few foods naturally have vitamin D. Fatty fish such as salmon and tuna are among the best sources of vitamin D; whereas beef liver, cheese and egg yolk provide small amounts. Most milk and cereals are fortified with vitamin D, as well as some types of orange juice, yogurt, cheese and soy beverages. Check the Nutrition Facts panel for vitamin D content.
3. *From supplements* - For some, vitamin D supplements may be needed, but check with your health-care provider before you start.

People who might need extra Vitamin D include:

- ✓ Seniors
- ✓ Those with medical conditions such as liver disease, cystic fibrosis and Crohn's disease
- ✓ Those who are obese or have had gastric bypass surgery

