

Vitamin D



The "Sunshine" Vitamin

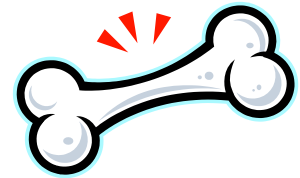


What is Vitamin D?

Vitamin D is called the "sunshine" vitamin because our bodies can make it from being in the sun. You can also get it from food sources like salmon, sardines, tuna, eggs, and fortified low-fat milk, orange juice, and cereals.

Why Do You Need it?

Vitamin D works with Calcium to make our bones healthy and strong. It also helps our body fight off colds. We need 600 IU of Vitamin D each day.



Vitamin D Amounts From Food

- Salmon with bones, canned (3 oz)- 450 IU
- Sardines, canned (3 oz)- 160 IU
- Light tuna, canned in water (3 oz)-150 IU
- Large Egg (1) - 40 IU
- Fortified low-fat milk (1 cup) - 100 IU
- Fortified Soy Milk (1 cup) - 100 IU
- Fortified Orange Juice (1 cup)- 100 IU
- Fortified Cereal (1 cup) - 40 IU

How To Get Vitamin D From the Sun

- 10-15 minutes each day of sun exposure (without sun block) to your face, arms, legs, or back.
- The rest of the time in the sun make sure to use sun block to prevent a burn.
- The best time for sunlight is 10am to 3pm, March to October.