

Health Minute™

Vitamin D

Vitamin D is an essential building block for health. It helps your body absorb calcium and assists in the building of strong bones. Without enough vitamin D, bones become thin and brittle, a condition called osteoporosis. Vitamin D is not naturally present in many foods which is why milk and other products are enriched with this fat-soluble vitamin. What you don't get through diet and supplements you can get from the sun. Your skin is able to convert ultraviolet rays from the sun into Vitamin D. Just a few minutes in the sun twice a week can be enough time to get all of the Vitamin D you need.



Recommended daily intake of Vitamin D	Natural Sources of Vitamin D
<p>Age 14 – 50: 200 IU Age 51 – 70: 400 IU 71 and older: 600IU</p> <p>More is not better</p> <p>Vitamin D is <i>fat soluble</i>. If you take more than your body can use, the leftover is stored in your fat tissue. These leftovers can become toxic. Don't take more than 2000 IU daily.</p>	<p>1 Tbsp cod liver oil = 1360 IU 3.5 oz cooked salmon = 360 IU 3.5 oz cooked mackerel = 345 IU 3 oz tuna canned in oil = 200 IU 1.75 oz sardines canned in oil (drained) = 250 IU 1 cup fortified milk = 98 IU 1 whole egg = 20 IU Sunlight (5-30 minutes between 10am and 3pm twice a week)</p>

