

## Vitamin D

Vitamin D is an important nutrient to maintain bone health. It helps aid in the absorption of calcium and phosphorous by bringing them to our bones and teeth as well as regulating how much calcium is in our blood. Vitamin D also helps our immune systems fight off sickness, helps muscle function and allows our nerves to communicate with

### 3 Ways to Get Vitamin D

#### Sunshine:

When sunlight hits our unprotected skin it can process the sunlight into Vitamin D. Keep it to 15 minutes or less without sunscreen to avoid overexpo-



#### Supplements:

Many older adults require extra vitamin D in the form of a supplement. People with conditions like liver disease, cystic fibrosis, celiac disease, obesity, Crohn's disease and post gastric bypass patients all require extra vitamin D.



#### Diet:

Foods with a natural amount of vitamin D are fatty fish, cheese and egg yolks. Most of the vitamin D in our diet comes from fortified foods like milk, yogurt, cereals, some cheeses and orange juice. Food manufacturers are now required to put vitamin D on the nutrition facts panel so consumers can easily check to see if the product has vitamin D in it.

