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A FOOD GUIDE FOR GOOD NUTRITION





What Happens If You Do Not Get Enough Vitamin D?

Not getting enough Vitamin D makes your bones get soft. This causes them to feel painful and to break easily.

Not having enough Vitamin D will also make your muscles weak. This can lead to falling down often.



What is Vitamin D?

Vitamin D is a substance that acts like a hormone in your body.

Vitamin D dissolves in fats like oil.

Your gut absorbs Vitamin D from the foods you eat.

There Are Two Types of Vitamin D

1. Vitamin D: found in plants and must be activated by the body.

2. Vitamin D3: found in animal products and is already active

What Makes Vitamin D So Great?

Vitamin D allows the body to absorb calcium and phosphorus which keep bones and teeth healthy.

It helps maintain a good immune system.

Vitamin D keeps your veins and arteries working correctly.

It works to keep your heart muscle healthy.

Vitamin D can reduce inflammation.

It also helps reduce insulin resistance.

It’s A Fact!

Unlike other vitamins, Vitamin D cannot be destroyed by cooking.

Where Does Vitamin D Come From?

Sunshine: you need 5-10 minutes 2-3 times per week

Fish: fatty fish like salmon and cod

Fortified foods: cereal, milk, and juices often have Vitamin D added.

Liver: this piece of meat has many vitamins and minerals

Mushrooms: one of the few plants with vitamin D

How Much Vitamin D Do I Need?

For men and women 51-70 years old: 600 IU per day is recommended

For men and women 71 years or older: 800 IU per day is recommended

Amounts may vary based on your doctor’s recommendations.