

# Let the Sunshine In... Vitamin D

Vitamin D is a fat soluble vitamin that is stored in the body's fatty tissue. It is found in foods and you can get it from being in the sun!



Vitamin D helps promote calcium absorption. When combined with calcium, Vitamin D helps to strengthen bones and prevents a disease called rickets, osteoporosis (weakening of bone), and osteomalacia (softening of bone). Vitamin D also helps assist in nerve function, decreases inflammation and it helps keep our immune system healthy.

The Food and Nutrition Board recommends the following amounts/day:

Vitamin D Intake		
Age	Men	Women
Birth to 13 yrs.	5 mcg	5 mcg
14 to 18 yrs.	5 mcg	5 mcg
19 to 50 yrs.	5 mcg	5 mcg
51 to 70 yrs.	10 mcg	10 mcg
71 & Older	15 mcg	15 mcg

## Foods that provide Vitamin D include:

Salmon, Cod Liver Oil, Mackerel, Canned Tuna,



Canned Sardines, Beef Liver, Oysters,

Fortified Cereal, Egg,



Cheese, Milk, Fortified Orange Juice, Fortified Yogurt,



and Fortified Margarine.

An easy way to get Vitamin D is to be out in the sun. But, for skin safety, stay in the sun for only 20 to 30 minutes per day, and avoid getting burned.





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H	L	K	O	P	E	W	Q	R	T	E	Y	Q
D	T	I	L	L	N	Y	R	E	T	S	Y	O
F	D	W	Y	I	U	N	U	O	P	E	X	A
C	E	A	T	M	M	O	C	S	L	E	C	X
X	I	E	R	I	M	M	B	T	K	H	B	Z
B	F	V	A	T	I	L	O	T	I	C	V	B
V	I	R	Z	S	J	A	I	E	N	U	Z	V
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K	R	N	N	R	S	S	O	C	U	P	G	H
L	O	I	A	U	V	U	A	I	B	L	E	G
B	F	H	E	A	E	I	C	R	Z	K	E	L
S	C	S	X	Y	T	L	T	F	D	A	I	P
Q	I	N	F	L	A	M	M	A	T	I	O	N
X	H	U	X	C	Y	U	T	T	M	X	N	I
G	Y	S	T	R	E	N	G	T	H	I	V	E
Q	W	T	Y	I	O	P	C	X	Z	V	N	B

**Word Search**

VITAMIN

BONES

FORTIFIED

MILK

INFLAMMATION

FAT

TISSUE

BURN

SUNSHINE

RICKETTS

SALMON

LIMIT

CALCIUM

NERVE

SARDINE

OYSTER

STRENGTH

IMMUNE

CHEESE

EGG