



Getting a Daily Dose of Vitamin D

Often people will spend time soaking up UVA rays from indoor tanning beds with the intention of acquiring a dose of Vitamin D. Known as the sunshine vitamin, vitamin D is produced by the body in response to the skin being exposed to sunlight. Vitamin D is essential for strong bones because it helps the body use calcium from the diet. Having a vitamin D deficiency can lead to a host of health issues such as muscle weakness, bone pain, asthma and cardiovascular disease. Vitamin D is an important element for maintaining good health. However, indoor tanning beds and spending long hours in the sun are not the most effective means for soaking up vitamin D.

Maintaining a healthy diet, full of vitamin D rich foods, can be the safest and most effective way to get your daily dose of vitamin D without exposing yourself to the harmful rays of the sun or indoor tanning beds.

Here is a list of foods high in vitamin D that provide a simple way for you to add vitamin D to your daily diet:

1. **Fish-** fatty fish, such as tuna, mackerel and salmon are loaded with vitamin D.
2. **Fortified Milk-** milk is a great source of vitamin D. Even some soy and rice milks will contain vitamin D. Be sure to check the label to be sure the milk contains vitamin D.
3. **Fortified Orange Juice-** If you're not a fan of dairy, many orange juices will contain vitamin D. Check the label on your orange juice to make sure it is fortified with vitamin D.
4. **Supplements-** taking a vitamin D supplement can be a sure-fire way to get your daily dose. Too much vitamin D can be toxic, so be sure to talk to your doctor before choosing a dosage. In addition, if you take a daily vitamin it is most likely that that vitamin will contain vitamin D.
5. **Egg Yolks-** Next time you're wiping up breakfast have a hardboiled egg or scrambled egg. Just be sure that you are using the entire egg and not just the egg whites, because the egg yolk contains vitamin D.

6. **Fortified cereal**- choose a low-calorie fortified cereal like Multi-Grain Cheerios to get part of your daily fill of vitamin D.
7. **Cod Liver Oil**- thankfully, this can be taken in capsule form and is an excellent source of vitamin D.

Source:

www.health.com

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