

Vitamin D



Winter is here and with that we need to be thinking about maintaining vitamin D levels. Vitamin D is most commonly referred to as an essential fat soluble vitamin, but is actually a pro hormone because your body can produce it from sunlight. Vitamin D can be obtained from food, sunlight and supplements. Vitamin D is most known for its role in musculoskeletal health, but did you know that vitamin D also plays a role in immune, cognitive and cardiovascular health?!



Did you know?

Adults aged 18-50yrs
need 600 IU/day.
Are you getting enough?

DINING HACK

Maximize vitamin D intake on campus:

- Visit the breakfast omelet bar.
- Take advantage of fish Fridays.
- Choose 2 boiled eggs as a mid afternoon snack from grab and go.
- Use milk or fortified plant-based beverage as your smoothie base † Bloomfield café.

CHAT WITH ME!

Have any questions concerning food, nutrition & overall health?
Feel free to email me on mmhardy@stfx.ca for any inquiries

ARE YOU GETTING ENOUGH VITAMIN D?

In winter we cannot synthesis enough vitamin D from sunlight so here are some foods that naturally contain vitamin D to help meet your daily needs: 1) oily fish such as, salmon, trout, sardines, mackerel. 2) Mushrooms (grown under UV light). 3) egg yolks.

There are also some foods fortified with vitamin D which can significantly contribute to vitamin D intake, for e.g. milk, some plant-based beverages, some orange juices, various cereals and margarine. Make sure to get 600 IU/ day for optimal health!

Natural food sources include:



2 eggs = 80-100 IU



3.5 oz salmon = 275-900 IU



3.5oz of trout= 250-300 IU



1 tbsp of cod liver oil = 1272 IU

Fortified food sources:

1 cup of milk = 100 IU



1 cup plant based beverage = 100 IU



1 cup orange juice = 100 IU

