

Dietary fats benefit *Vitamin D* absorption

Research shows that pairing vitamin D supplementation with a meal that contains dietary fats can significantly increase vitamin D absorption!



Dietary fats & Vitamin D

Improve supplemental vitamin D absorption by including dietary fat sources at meal time. If you supplement with vitamin D, do yourself a favor and take the supplement with a meal that contains dietary fat! Vitamin D is a fat soluble and as such, the presence of dietary fats significantly aids in absorption. Fearful of fat? Don't be! Keep in mind that your brain is the fattiest organ in the human body and is comprised of approximately 60% fat. #factsnotfear

CHAT WITH ME!

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

Food rich in dietary fats:

- Nuts and seeds
- Avocado
- Salmon
- Trout
- Coconut
- Regular fat dairy
- Olive oil

