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:

<table>
<thead>
<tr>
<th>Age</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth to 13 yrs.</td>
<td>5 mcg</td>
<td>5 mcg</td>
</tr>
<tr>
<td>14 to 18 yrs.</td>
<td>5 mcg</td>
<td>5 mcg</td>
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<tr>
<td>19 to 50 yrs.</td>
<td>5 mcg</td>
<td>5 mcg</td>
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<tr>
<td>51 to 70 yrs.</td>
<td>10 mcg</td>
<td>10 mcg</td>
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<tr>
<td>71 &amp; Older</td>
<td>15 mcg</td>
<td>15 mcg</td>
</tr>
</tbody>
</table>

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 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
J T E E G U S Z K R M G C
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
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