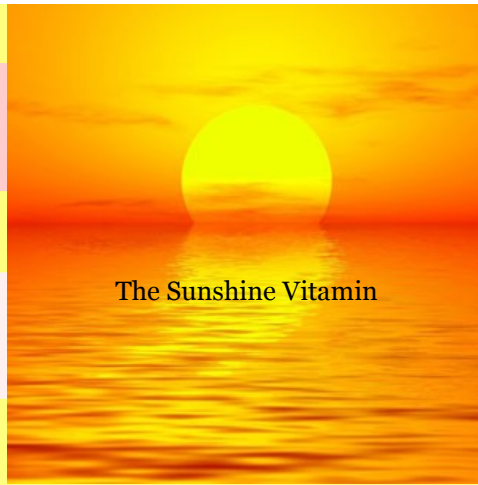


Vitamin D



All you need is about 5-30 minutes between the hours of 10 am to 3 pm twice per week to get your recommended dose of vitamin D. Your skin, in which a form of vitamin D is already present, absorbs rays from the sun and converts vitamin D to a form your body can use.

Since we all use sunscreen every day, or may have limited sun exposure, it is difficult for our skin to complete this process. Therefore, we need to supplement our diets with plenty of natural sources of vitamin D.

Here are 3 ways to supplement your diet:

1. Sunshine
2. Only present in a few food sources: salmon and tuna, mushrooms, and egg yolks.
3. Vitamin D is also available in fortified foods such as milk, yogurt, ready-to-eat breakfast cereals, and orange juice.

