

DOOR STEP NUTRITION



Volume 11, Issue 5

May 2018

The Sunshine Vitamin



Vitamin D is known as the Sunshine Vitamin because UV rays from the sun trigger our bodies to make vitamin D when they hit our skin. It takes 15-30 minutes of sun exposure, with most of our skin exposed, in order for our bodies to create the amount of vitamin D that we need. The lighter your skin, the less time you need to expose it to sunlight in order to produce adequate amounts of vitamin D. Because we live in a northern location, the sun's rays are not strong enough most of the year and many of us are deficient in vitamin D. Older adults are at an increased risk for being deficient because as we age, skin does not create vitamin D as efficiently.

Vitamin D promotes calcium absorption which is needed for bone growth and may help to prevent osteoporosis. It helps maintain healthy nervous and muscular systems and may reduce inflammation in the body. New research shows that vitamin D may prevent cancer, increase immunity, and play a beneficial role in diabetes.

Vitamin D is naturally present in very few foods so most people obtain vitamin D through supplementation or fortified foods. Some of the foods it is found in include salmon, tuna, fortified cereal, fortified milk, eggs, liver and cod liver oil.

Vitamin D is found in two forms, D2 and D3. D2 is the form synthesized by plants. D3 is the form that our bodies produce. Both forms are beneficial but D3 is the form that is most

recommended because it is closest to what is already found in the body.

Recommended Dietary Allowance (RDA) for Vitamin D:

Age	Male	Female
51-70	600 IU (15 mcg)	600 IU (15 mcg)
>70	800 IU (20 mcg)	800 IU (20 mcg)

Source: WebMD, Nutrition411, <http://ods.od.nih.gov>

Older American's Month 2018

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

Information taken from: <https://oam.acl.gov/>

Written By: Alyssa Weber, RDN, CD, Registered Dietitian Nutritionist

Please note that the information contained in this newsletter is to provide readers with health and diet information, but is not intended to be used as medical advice for individual health problems.

Written By: Alyssa Weber, RDN, CD, Registered Dietitian Nutritionist

Please note that the information contained in this newsletter is to provide readers with health and diet information, but is not intended to be used as medical advice for individual health problems.

Written By: Alyssa Weber, RDN, CD, Registered Dietitian Nutritionist

Please note that the information contained in this newsletter is to provide readers with health and diet information, but is not intended to be used as medical advice for individual health problems.

