

Vitamin D

Why is Vitamin D important?

Vitamin D helps:

- your body take in calcium for strong bones
- your muscles when they move
- your brain and body communicate
- you fight off sicknesses

Low vitamin D can look like:

- Feeling tired and sleeping poorly
- Body aches
- Low mood
- Weakness
- Not feeling hungry
- Getting sick often

Where can I find vitamin D?

Oily Fish



Salmon



Mackerel



Tuna



Sardines

Fortified Food



Yogurt



Milk



Cereal



Orange Juice

Other Foods



Mushrooms



Beef Liver



Egg Yolks

Check ingredient list for added vitamin D and the nutrition labels for items **lower in added sugar!**

Other Sources



Sun



Supplements

Our bodies make vitamin D from sunlight. If you are not getting enough sunlight try taking a **vitamin D3** supplement or a **cod liver oil** supplement. Do not take more than 4,000 IU per day unless your provider tells you to and don't forget to wear sunscreen!