

VITAMIN D AND YOU!



MEET VITAMIN D: Vitamin D is a fat-soluble nutrient that aids calcium absorption in the body and helps the immune and nervous systems.

VITAMIN D DEFICIENCY: If you don't have enough Vitamin D, you are unable to absorb enough calcium, which can lead to weak, brittle, thin bones. This can lead to injuries in children, osteomalacia, and even osteoporosis in adults.

VITAMIN D TOXICITY: Vitamin D toxicity is rare, but side effects include nausea, vomiting, constipation, reduced appetite, weightloss, and fatigue.

YOUR VITAMIN D NEEDS: Most Americans don't get enough Vitamin D. Those most at risk of Vitamin D deficiency include older adults, obese adults, and those with high blood pressure.

SOURCES OF VITAMIN D:

- Food--Fatty Fish such as tuna, salmon, and mackerel, cod liver oil, and fortified breakfast cereals.
- UV Rays--Doctors recommend 15 minutes outdoors in the sunshine to prompt the body to form Vitamin D. Sunlight through a window is not sufficient. Vitamin D2 Supplements work well. Vitamin D3 is made naturally in our bodies.



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Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Mandy Marney, Director, University of Wyoming Extension, College of Agriculture, Life Sciences and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

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