



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health



The “Sunshine” Vitamin

When the weather outside is frightful, but the sun feels so delightful-there is a reason why, and it goes skin deep. Summer or winter, rain but mostly shine, the UV rays from the sun absorb into skin and provide the body with fat-soluble vitamin D. While we usually think of vitamin D as a vitamin, it is actually a “prehormone.” As a prehormone, it is biologically inactive until converted to an active hormone in the body. Read on for various *rays* to add more vitamin D to your day!

5-30 minutes of sun exposure

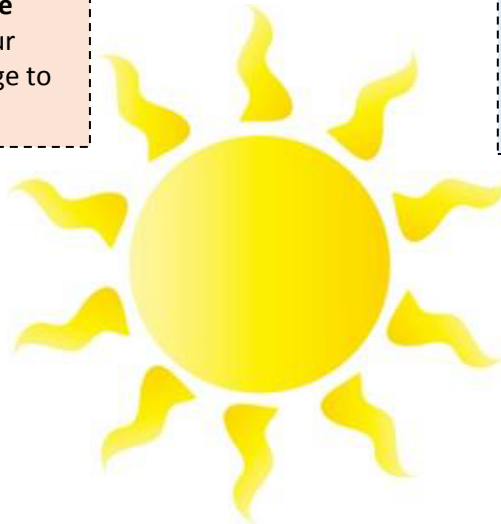
Wear sunscreen and limit your exposure time to prevent damage to your skin

One cup of vitamin D-fortified milk

It can provide about 30% of your recommended vitamin D for the day

Three ounces of salmon

Salmon provides 112% of your daily vitamin D requirement and is often served in the entrée line in the dining halls



Egg yolks

Two egg yolks provide 20% of your daily recommended vitamin D value. Enjoy an omelet in the dining hall or add some scrambled eggs to your breakfast plate

Although few foods contain enough vitamin D in one serving, many foods offered in the dining hall contain vitamin D to help you reach your daily dose. Vitamin D helps the body absorb calcium, which is essential for growing and maintaining strong bones. Vitamin D deficiency in adults may lead to osteomalacia and osteoporosis, resulting in weak and brittle bones. Current research shows that sufficient vitamin D intake may also be associated with a decreased risk of developing high blood pressure, diabetes, cancer, and inflammation.

I'm walking on sunshine, and don't it feel good!

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References: National Institutes of Health Office of Dietary Supplements. Available at: <https://ods.od.nih.gov/factsheets/VitaminDHealthProfessional/>. Accessed on: November 2, 2017.

Questions? Follow our Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU_HDT**), SnapChat (**RU_HDT**) or e-mail us at peggyp@dining.rutgers.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at <http://food.rutgers.edu>.