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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