VITAMIN D

Why do I need it?
→ Regulates calcium in the blood, needed for muscle contraction and nerve function
→ Causes immature cells to mature
→ May prevent certain cancers (colon, breast, skin, prostate)

Where can I get it?
→ The best source is the sun! Your body produces vitamin D when the skin is exposed to UV light. 10-15 min in the summer and 20-25 min in the winter is all you need.
→ Fortified milk, fortified cereals, egg yolks, tuna, halibut, salmon, fortified orange juice, mushrooms

Sourced from: McGuire, M. and Beerman, K. Nutritional Sciences: From Fundamentals to Food