Don't be Diet-shy to Vitamin D

When the weather outside is frightful, but the sun feels so delightful - there is a reason why, and it goes skin deep with vitamin D. It is both a nutrient we eat and a hormone our bodies make. Vitamin D is a fat-soluble vitamin and is necessary for strong bones and muscles. Without vitamin D, our bodies cannot effectively absorb calcium, which is essential for good bone health. Although the body can make vitamin D from sunshine, factors such as season, skin-coverage, and melanin content, can make it an inconsistent source to meet daily requirements, and too much sun can increase skin cancer risk. On the bright side, consuming good food sources of vitamin D can help us fulfill this requirement. Read below to learn which food sources of vitamin D we can find in our very own dining halls.

**Mushrooms & Eggs**
Don’t eat meat? No problem. Mushrooms are a naturally occurring, non-animal sources of vitamin D, with a ½ cup containing 1-46% Daily Value (DV), depending on UV light exposure. Head over to the omelet station for your daily dose. Eggs are an egg-cellent source too. Two large egg yolks can provide ~12% DV.

**Fatty Fish**
The meat of fatty fish is an excellent food source of vitamin D. Salmon, a fish routinely found in the entrée line, provides 71% of daily Vitamin D requirement in 3 ounces.

**Fortified Milks**
Fortified milks are a good source of vitamin D. One cup contains 13-18% DV of vitamin D. Plant-based milks, like almond or soy, are equally good sources. Fortified milk is also a great source of calcium. Vitamin D aids in calcium absorption for optimal bone health.

Have A “D”elightful Day!

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