



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

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.



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.

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.



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!

Authored By: Lindsey Hardmeyer

References: *The Nutrition Source*. Available at <https://www.hsph.harvard.edu/nutritionsource/vitamin-d/>. Accessed on: 9/14/22. *Medline Plus NIH*. Available at <https://medlineplus.gov/vitamindeficiency.html> Accessed on: 9/27/22. *NIH Vitamin D*. Available at <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/> Accessed on: 9/14/22. *NY Department of Health*. Available at <https://www.health.ny.gov/publications/1991/index.htm> Accessed on: 9/27/22

Reviewed By: Dr. Shapses-Department of Nutritional Sciences.

RUTGERS
Student Affairs

Dining Services

 / @rutgersdining
food.rutgers.edu

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggyp@dining.rutgers.edu.