



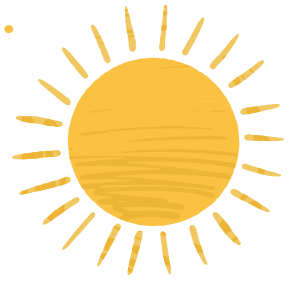
Vitamin D Shopping List:

Here are some Vitamin D-packed items to pick up the next time you're at the grocery store:

- Salmon, Herring, Sardines, and Tuna
- Mushrooms
- Eggs
- Swiss and Goat Cheese
- Vitamin D-Fortified Low-Fat Milk
- Vitamin D-Fortified Tofu
- Vitamin D-Fortified Plant-Based Milk Substitutes
- Vitamin D-Fortified Low Sugar Cereals
- Vitamin D-Fortified Greek Yogurt

The Benefits of Vitamin D

Nicknamed "The Sunshine Vitamin," Vitamin D is an essential nutrient for keeping our body healthy that the body can absorb by simply spending time in the sun. However, our bodies need more Vitamin D than most of us can get from the sun alone, so finding foods rich in Vitamin D and talking to your healthcare provider about supplements is important to maximize its benefits.



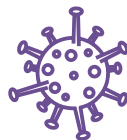
BONE HEALTH

Vitamin D has a number of health benefits, but most famously is key to bone health. Vitamin D assists in the absorption of calcium, which allows the body to mineralize bones efficiently. Without adequate Vitamin D, bones may become brittle, struggle to grow, or even develop conditions like osteoporosis. Individuals who consistently reach the daily value of Vitamin D have denser, healthier bones.



MENTAL HEALTH

Studies have shown that Vitamin D intake can have a considerable impact on mental health. While we don't know the exact science, studies have shown a significant correlation between depression and Vitamin D deficiency. Vitamin D deficiency is often associated with a lack of energy, lower moods, and increased anxiety. A steady intake of Vitamin D will help keep you feeling healthier, happier, and more energetic in both the short and long term.



IMMUNE SYSTEM

As Vitamin D strengthens your body, it also boosts your immune system! Vitamin D supports the body's ability to fight pathogens, protecting your body from the flu and other viral infections. During this COVID-19 pandemic, it is more important than ever to keep our immune systems strong as we return to (somewhat) normal activities.

According to the US Department of Health and Human Services, the recommended dietary allowance is 10 - 15 micrograms (400 - 600 ICU) for children and 15 - 20 micrograms (600 - 800 ICU) for adults. Spend some extra time in the sun, eat some oily fish, and start feeling healthier today.