

# Are You Getting Enough Vitamin D?

Many people who live in locations with rainy or cold weather **do not get enough vitamin D.**



People need vitamin D to build and maintain strong bones.

## Check to See if You are at Risk

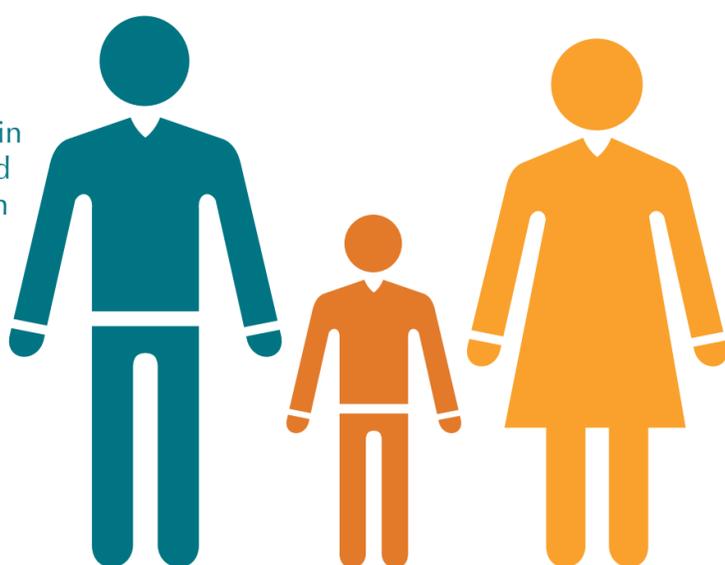
**ENVIRONMENT**  
 Live in a rainy or cold environment with little sunshine

**SKIN TYPE**  
 Dark skin

**BREASTFED INFANTS**  
 Requirements cannot typically be met by human milk alone

**HEALTH CONDITIONS**  
 People with liver disease, cystic fibrosis and Crohn's disease

**SENIORS**  
 As we age, our skin cannot absorb and synthesize vitamin D as effectively



People with inflammatory bowel disease or another intestinal condition

People who are obese or have recently had gastric bypass surgery

Did you have to  a box?  
 Would a family member have to  a box?  
 You **may not** get enough vitamin D.

## How can I get the vitamin D my body needs?



### SUN

10-15 minutes of sunshine 3 times a week. The sun needs to shine on the skin of your face, arms, back, or legs



### NUTRIENT DENSE FOOD

Eat foods that naturally contain vitamin D or are fortified with vitamin D



### FISH

Fatty fish such as salmon, tuna and mackerel are among the best sources



### MILK

Almost all milk in the U.S. is fortified with vitamin D



### CEREALS

Many breakfast cereals and some brands of orange juice, yogurt, margarine, and soy beverages are fortified with vitamin D; check the labels



### DIETARY SUPPLEMENTS

Speak with your doctor about the possibility of taking a dietary supplement



The amount of vitamin D you need each day depends on your age. Visit the National Institutes of Health website for specific recommended amount:  
<http://ods.od.nih.gov/factsheets/VitaminD-Consumer/>

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