



Are You Getting Enough Vitamin D?

Vitamin D has long been known to support bone health but new studies are revealing impacts such as increased muscle strength in preteen girls and improved cognitive function in the elderly. Vitamin D also has roles in the nervous and reproductive system and in muscle contraction. Given the significance of the role of Vitamin D, it is not surprising to see that experts are requesting a closer look at the current intakes and recommendations. Currently the Recommended Daily Intake (RDI) for Vitamin D ranges from 200-600 IU per



Dietary sources of Vitamin D are mostly limited to fortified foods and a few animal sources such as veal and fish. Even though we make Vitamin D with skin exposure to the sun, not everyone will manufacture the needed amounts. For example individuals with a darker skin tone, the elderly and those who live in northern climates (at latitudes above 55 degrees) may not produce an adequate supply of the sunshine vitamin. Further complicating the Vitamin D synthesis equation are the concerns of sun exposure and skin cancer.

With the many crucial health promoting roles of Vitamin D, it's clearly a nutrient that cannot be overlooked. If you are concerned about your D levels, a simple physician ordered blood test can determine if you already have a deficiency. Eating healthy, supplementing and increase to safe levels of sun exposure may all provide increased levels of Vitamin D. Consult with your educated healthcare professional about which approach is most appropriate for you.

Sources:
<http://ods.od.nih.gov>
<http://www.crnusa.org>
<http://www.ncbi.nlm.nih.gov>
Pediatrics. 2008 Nov;122(5):1142-52. <http://www.fda.gov/fdac/reprints/womnutri.html>

day depending on the age and gender of the individual. The Council for Responsible Nutrition (CRN) commented that the current daily recommended intakes (DRI's) are based on Vitamin D deficiency diseases such as rickets and osteomalacia and are outdated, especially in the light of new research findings about the role of Vitamin D in health. They went on to further recommend that the DRI's for both Calcium and Vitamin D be reviewed and updated. The CRN was not the first organization to weigh in on the Vitamin D issues either. Last November, The American Academy of Pediatrics released a recommendation to increase the RDI for breastfed infants from 200IU to 400IU. They also recommended an increase to 800IU for infants who live in geographic regions with less sunshine.

ALL ABOUT YOUR BONES!

- Did you know that your bones are a living, growing tissue? They function to support our bodies, protect our organs, store minerals and produce red and white blood cells.
- Most people reach their peak bone mass around their 20th birthday. Daily weight bearing exercise and adequate Vitamin D and Calcium consumption for kids and teens can help build stronger bones.
- Avoid smoking and excessive alcohol consumption to further protect your bones.
- Did you know that your body also uses the minerals magnesium and phosphorus in supporting bone health?

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