

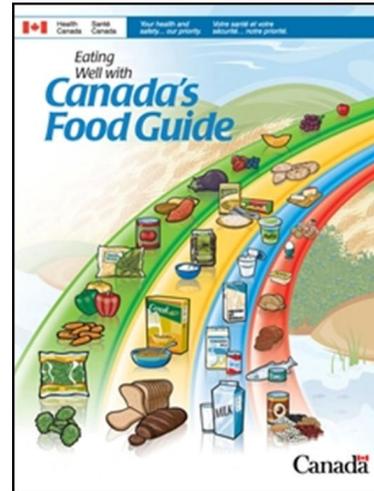
Did you know?

Along with healthy eating and getting enough vitamin D,

- Exercising regularly can help prevent bone loss.
- Exercise improves balance and coordination, which helps prevent falls.
- Being active boosts your health in countless other ways, so get moving!



Check with your doctor before starting an exercise program.



Following *Canada's Food Guide* will help with improving your overall health.

For a copy of Canada's Food Guide, visit www.healthcanada.gc.ca/foodguide or call 1-866-225-0709, or ask your Dietitian or Public Health Nurse.



Central
Health

For more information
please contact a
Registered Dietitian

CH POP 031

Vitamin D

Are you over 50?



**A supplement is
recommended!**

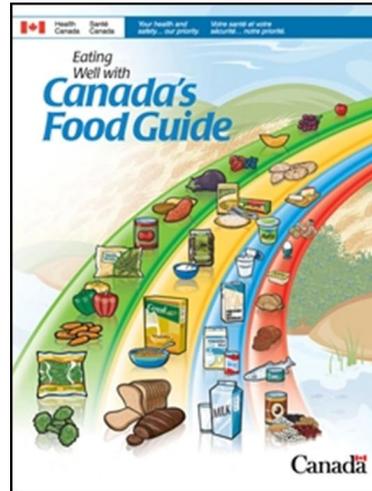
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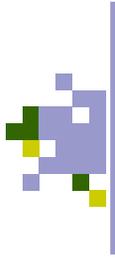
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Vitamin D and You

Vitamin D helps keep you healthy in the following ways:

- Plays a role in promoting healthy bones and teeth,
- Helps prevent **osteoporosis** (this is when bones get weak and are more likely to break),
- Reduces the risk of falls and bone fractures,
- Helps promote healthy blood pressure, and
- Functions in several other systems in our bodies.



Where do we get our vitamin D?

Sunshine: Vitamin D is called the “sunshine vitamin” because it is produced in our skin during exposure to the sun’s rays, but only from about April to September in Canada. Even in those months, not everyone may get enough sun exposure for adequate vitamin D.



Food: Eggs and fatty fish contain vitamin D naturally. Some foods contain added vitamin D such as margarines and some yogurts, as well as the major sources: milk and fortified soy beverages.

That’s why **Canada’s Food Guide recommends having 2 cups of milk each day for vitamin D**, or drinking fortified soy beverages if you don’t drink milk.

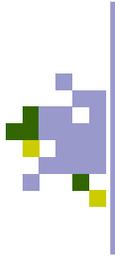
**Are you
over 50?**

As you age you produce less vitamin D in your skin, and may not absorb as much vitamin D from food.

Canada’s Food Guide recommends adults over age 50 take a daily vitamin D supplement of 400 IU in addition to drinking 2 cups of milk each day.

Keep in mind any other supplements you may be taking, check with a pharmacist about choosing a vitamin D supplement that is right for you!





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