



## Healthy Living at Hannaford

### What's the Big Deal with Vitamin D?

#### Why do we need Vitamin D?

- To maintain normal blood levels of calcium and phosphorus.
- Helps to aid in the absorption of calcium, helping to form and maintain strong bones.
- Recent research suggests vitamin D may provide protection from osteoporosis, hypertension (high blood pressure), cancer, and several autoimmune diseases.

#### How do we get it?

- The sun contributes significantly to the daily production of vitamin D, and as little as 10 minutes of adequate exposure is thought to be enough to prevent deficiencies.
- Few foods are naturally rich in vitamin D, so the best dietary sources of vitamin D are fortified dairy foods, cereals, vitamin supplements, oily fish, egg yolks, liver, and cod liver oil naturally contain vitamin D.

#### Why is it difficult to get enough?

- SPF 8 and SPF 15 reduce Vitamin D production by 95% and 99% respectively. New recommendations are to allow your skin to be exposed to the sun's rays for 15 minutes a day before applying sunscreen. Darker complexions may need even longer exposure to synthesize Vitamin D.
- The sun's UVB rays that trigger our body's natural production of vitamin D are weak during the fall and winter months in the northern U.S. and Europe.
- Obesity: If you are carrying too much weight, the vitamin D is stored in fat, unable to circulate through the bloodstream.
- Age: As we age, we lose the ability to produce Vitamin D, with 75% lost by age 70.



#### Getting enough Vitamin D?

recommended dosages are

##### infants 0-12 months:

400 IU per day

##### children & most adults:

600 IU per day

##### over age 70:

800 IU

For bone health and chronic disease prevention, many people are likely to need more vitamin D than the government guidelines recommend.

The upper limit for Vitamin D intake is currently set at 4000 IU per day with intakes greater than this not appearing to pose harm.



#### Interested in developing an eating plan that's just right for you?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist).