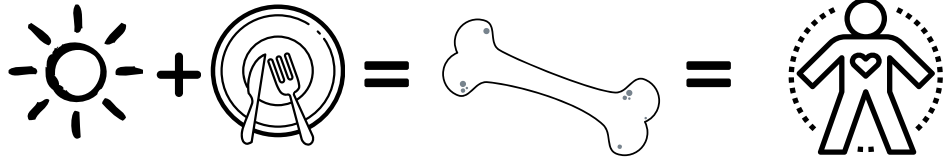


A quick guide to

VITAMIN D

for parents and kids!

Your body needs vitamin D!



Most of your vitamin D comes from **sunlight**, while the rest comes from your **diet**

It helps your **bones** take in **calcium** to grow strong and stay healthy!

It supports your muscular, skeletal, and immune systems

DID YOU KNOW?
1 billion people worldwide are vitamin D deficient

Who is at risk of vitamin D deficiency?



If you have **dark skin**, wear **clothes that cover a lot of your skin**, are **older than 65**, then you get less sunlight and absorb less vitamin D!



Over time, not enough vitamin D can lead to...



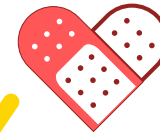
Rickets: painful, softening bones in young kids



Osteomalacia: softening bones in kids and adults



Osteoporosis: weak, brittle bones that can easily break in adults and elderly



Long-term risk of illnesses like **cancer, cardiovascular disease**, and even **depression**

Strengthen your meals with these foods!

HealthLink BC recommends ~1000 mg of vitamin D from food sources per day!



Vitamin D-fortified foods



orange juice



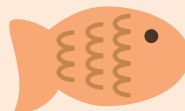
milk



cereal



Vitamin D-rich foods



fatty fish (like salmon)



cod liver oil



egg yolk



mushrooms



Supplements



vitamin D2 or D3

Try this!

Vitamin D Smoothie

- 1 cup ice cubes
- 1 frozen banana
- 1 cup frozen blueberries
- 1 large peeled orange
- ½ cup vitamin D-fortified plain yogurt
- ½ cup vitamin D-fortified orange juice
- 2 teaspoons vanilla extract

The Sunshine Vitamin

50-90%
of your vitamin
D is from the
sun!

**DID YOU
KNOW?**



**Canada gets less
annual sunlight
because it is so
North!**



In Canada...

~25% of kids aged 4-8
~33% of boys aged 9-18
~67% of girls aged 9-18
were calcium deficient

(2004 Canadian Community
Health Survey)



If you have dark skin, you have more **melanin**, a skin color pigment! Melanin reduces your skin's ability to make vitamin D from sunlight.

People with darker skin have to get their daily vitamin D from food or spend more time under the sun!

Make healthy choices and sunny habits!

Take a daily
vitamin D
supplement!



Check the nutrition labels of your
groceries for vitamin D content!

Or have a glass of
vitamin D-fortified
orange juice or milk
with breakfast!



Or eat more
magnesium-rich snacks
like bananas, spinach,
and blueberries!

Magnesium is a mineral that helps
your body absorb vitamin D!



Go to the park or
playground to play
afterschool!

Play basketball, tag,
frisbee and other
outdoor games!

You can even just go
for a walk or run in the
sun!

If you have a pet, join
them on their walk!

