

# 2018 Education Series

## Vitamin D



Vitamin D, or the **sunshine vitamin**, is actually a hormone produced by the skin. It plays a part in bone health and can be a determinant factor in developing many diseases because of its role in decreasing inflammation in the body. Deficiency in Vitamin D is associated with increased risks of deadly cancers, cardiovascular disease, multiple sclerosis, rheumatoid arthritis, and type 1 diabetes mellitus.

Sunlight and Vitamin D for Bone Health and Prevention of Autoimmune Diseases, Cancers, and Cardiovascular Disease" (2004)

### How Do I Increase Vitamin D??

*Getting a little sun*, 5-10 minutes each day (without sunblock), is one of the best ways to get and maintain healthy Vitamin D levels. Surprisingly, many Floridians living in the "Sunshine State" are deficient in Vitamin D and require supplementation!

View the chart below to decipher actions to take to maintain a healthy Vitamin D level!

Vitamin D Level	Description of Each Vitamin D Level
Between 0-10 ng/ml	You're severely deficient in vitamin D! In this range, your <u>health is at risk</u> . See your Doctor as soon as possible to begin an action plan to increase your levels.
Between 10-20 ng/ml	You're deficient in vitamin D. You are at risk for osteoporosis and your bones may be affected because your body isn't absorbing enough calcium. See your Doctor as soon as possible.
Between 20-30 ng/ml	You're deficient in vitamin D. Your body may not be fully absorbing calcium, which can affect your bones. Research shows that levels above 30 ng/ml may be more likely to prevent bone problems such as fractures.
Between 40-50 ng/ml	You are getting enough vitamin D! Your body is fully absorbing calcium and have a reduced risk of some cancers, better heart health and a strong immune system to fight infection.
Between 50-100 ng/ml	You're getting the right amount of vitamin D by the standards set by the Vitamin D Council and Endocrine Society.
Between 100-150 ng/ml	Although these levels aren't toxic and aren't usually harmful, they are thought to be too high. There are no known benefits to having a vitamin D level over 100 ng/ml.
Greater than 150 ng/ml	You have toxic levels of vitamin D, which can be harmful to your health. See your Doctor as soon as possible to begin an action plan to decrease your levels.

Please see your physician for more information about your Vitamin D level.

Vitamin D is essential for sustaining your health! Along with regular doses of sunshine, eat foods with high levels of Vitamin D to ensure you're getting adequate amounts.

**Incorporate nutrient rich foods to your meals to easily add Vitamin D! For example:**



- Wild caught salmon - 400 IUs per 6 oz. serving
- Portobello mushrooms - 400 IUs in one cup
- Whole eggs - 40 IUs of Vitamin D or more per egg
- Tofu - 120 IUs per serving

## Delicious Recipe: Maple-Glazed Salmon

Salmon tops the list of fish with the most omega-3 fatty acids and Vitamin D is an extra plus. This spicy-sweet fillet is a quick and easy way to stock up on healthy fats and only takes only one minute of prep time.

- Prep Time: 1 minute
- Cook Time: 10 minutes

You can also cook salmon on the grill in the same amount of time.

- Yield: 2 servings (serving size: 1 fillet)

### Ingredients

- 1 tablespoon maple syrup
- 1 tablespoon hoisin sauce
- 1 teaspoon Dijon mustard
- 1/4 teaspoon coarsely ground black pepper
- 2 (6-ounce) salmon fillets (about 1 inch thick)

### Preparation

Preheat broiler.

Combine first 4 ingredients in a small bowl; stir with a whisk.

Place salmon, skin side down, on a broiler pan. Brush with maple mixture. Broil 10 to 12 minutes or until fish flakes easily when tested with a fork, brushing with maple mixture after 5 minutes and again after 10 minutes.

*Enjoy!*

CFH Wellness Team