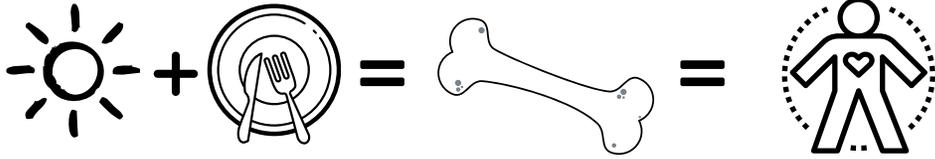


A quick guide to

# 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**

## 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**

## 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!



## 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!

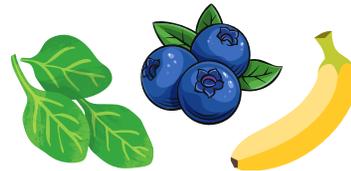
## Make healthy choices and sunny habits!

Take a daily  
vitamin D  
supplement!



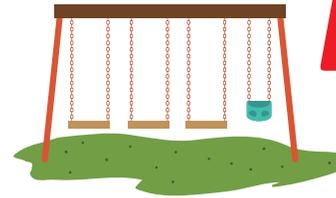
Or have a glass of  
vitamin D-fortified  
orange juice or milk  
with breakfast!

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



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!

