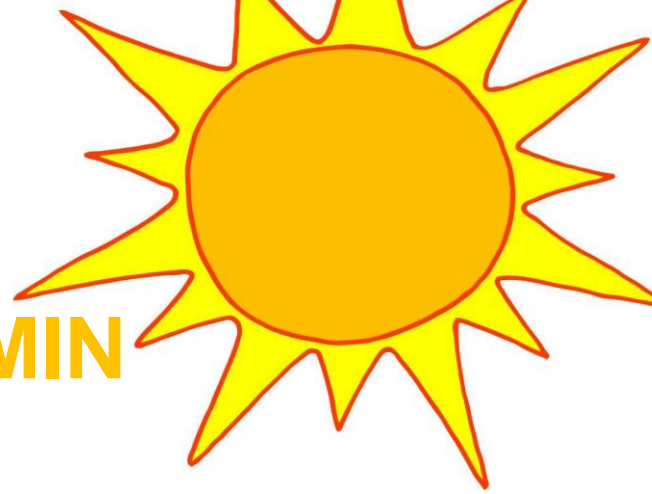


VITAMIN D, THE SUNSHINE VITAMIN



Vitamin D, also called the Sunshine Vitamin, is different from all the other vitamins. Vitamin D is special because you don't only get it from the foods you eat, your skin can also make vitamin D when it is exposed to sunlight. In fact, just 10 minutes in the sun a few times a week can give your body a lot of the vitamin D it needs!

Vitamin D is very important because it helps you build strong bones and teeth. It also helps your muscles move and keeps your immune system (needed to fight off diseases) strong so you don't get sick.

Where can you get vitamin D?

Being exposed to sunlight is the best way to make sure your body gets enough vitamin D. However, we don't get a lot of sun during the winter months in Oregon. There are some foods that can give you some of the vitamin D you need.

These include:

- Salmon, tuna and mackerel
- Cheese and eggs
- Vitamin D fortified milk
- Vitamin D fortified cereal, orange juice, soy milk, and yogurt

These foods can give you some vitamin D, but not all that your body needs. Taking a supplement can help make sure your body gets enough vitamin D to stay healthy. Talk to your parents about whether or not a vitamin D supplement is right for you.

