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Vitamin D"

The Sunshine Vitamin

Are You D-ficient?

Presented by Jim Warner



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We Need Vitamin D

- Vital to our bodies
 - Promotes absorption of calcium and magnesium
 - For healthy teeth and bones
 - Maintains calcium and phosphorus in blood

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Daily Requirements

- How much do we need?
 - Child: 5 mcg (200 IU)
 - Adult: 10-20 mcg (400-600 IU)

Slides 2, 3, and 4 are created with bulleted lists based on Figure 1-82 and Figures 1-83b through 1-83d



Why Is Vitamin D Important?

Sunshine

- Is our primary source
 - Vitamin manufactured by our body after exposure

Three times a week
For 10-15 minutes

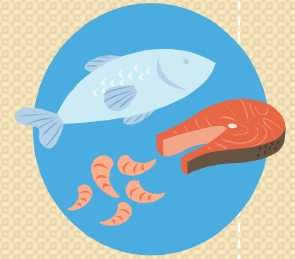


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Foods and Supplements

- Contained in few foods
 - Some fish liver oils
 - Flesh of fatty fish
- Fortified products
 - Milk and cereal
- Available as supplement



Vitamin D Sources

Vitamin D History

- Research began in 1924
 - Found to prevent rickets
- United States and Canada
 - Instituted policy of fortifying foods with Vitamin D
 - Milk – food of choice
- Other countries
 - Fortified cereal, bread, margarine

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Photographs and clips are added to all slides based on Figures 1– 83a through 1– 83d

