Daily D

Fact: The human body can make all the vitamin D it needs by getting enough sun exposure.

...this means that as winter approaches and the days shorten, it is especially important to eat foods rich in vitamin D.

Here’s how:

- DAIRY & fortified non-dairy milk
- FORTIFIED FOODS like OJ & cereal
- FATTY FISH tuna, mackerel, salmon
- EGGS specifically yolks
- MUSHROOMS

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