

## VITAMIN D

Here at GSSSI we can't believe it's already October— this summer flew by! With the days getting shorter and the weather getting colder, many of us may be spending less time outside. This means we also might be getting less vitamin D. Vitamin D is a fat-soluble nutrient known for its role in bone development and maintenance. Vitamin D is a nutrient needed for health to maintain strong bones. It helps with the absorption of calcium and phosphorous in our bodies and helps bring those nutrients to our bones and teeth and regulate how much is in our blood. It's importance does not end there, it also aids with muscle function and allows the brain and the body to communicate through nerves. The immune system needs vitamin D to fight off invading bacteria and viruses.

### Where does vitamin D come from?

#### The Sun

Also referred to as the “sunshine vitamin” your body converts sunlight into vitamin D after it hits the skin. Be careful to avoid extended exposure to sunlight without sunscreen.

#### The Diet

There are very few foods that naturally contain vitamin D. Fatty fish like salmon or mackerel are some of the best sources of vitamin D. Beef, liver, cheese, and egg yolk have a small amount. Fortified foods like milk or orange juice provide most of the dietary vitamin D we consume. Check the Nutrition Facts label to see how much vitamin D is in your favorite foods.

#### Supplements

Some individuals may need extra vitamin D, such as seniors, those with darker skin, those with certain medical conditions like Crohn's or liver disease, and those who have had gastric bypass surgery. Always check with your health care provider before taking a vitamin D supplement.

### Salmon Patties serves 3

1/3 cup finely chopped onion	1 can (14-3/4 ounces) salmon, drained, bones and skin removed
1 large egg, beaten	2 teaspoons butter
5 crackers, crushed	
1/2 teaspoon Worcestershire sauce	

In a large bowl, combine the first 6 ingredients. Crumble salmon over mixture and mix well. Shape into 6 patties.

In a large skillet over medium heat, fry patties in butter for 3-4 minutes on each side or until set and golden brown.

FIND US ON



HAPPY HALLOWEEN!

MARY D