



Vitamin D and Health

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Vitamin D plays an important role in bone growth and maintenance by helping the body absorb calcium and phosphorus which are two minerals that are necessary for healthy bones. Naturally parents aware of these potential benefits want to ensure their children are getting adequate amounts of vitamin D

What can Parents Do to Ensure Adequate Vitamin D Levels in Young Children?

1. Provide a Diet Rich in Vitamin D

Milk, egg yolks and fatty fish such as tuna and salmon are foods known to be high in vitamin D. Parents and caregivers can ensure children are getting the recommended number of servings of these foods each day. This can be done by following Canada's Food Guide found at www.healthycanadians.gc.ca

2. Encourage Outside Activity

Safe and appropriate sun exposure (don't forget the sunscreen!) is nature's way of helping us to ensure optimal levels of vitamin D

3. Consider Fortified Beverages

For families using alternate forms of 'milk' ensure these are fortified with vitamin D. Examples are soy, rice and almond beverages. Always consult with a family pediatrician before using a vitamin supplement

About Breakfast for Learning

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