

Breakthrough common nutrition myths, see what's trending, catch up on latest research, and get great tips from our team of Registered Dietitians.

**MYTH**

*You can get enough vitamin D from your diet.*

**FACT**

It is almost impossible to get your Vitamin D needs met by food alone. A combination of vitamin D rich foods, sunshine and a vitamin D supplement ensures adequate vitamin D.



## Vitamin D – The Sunshine Vitamin

### Vitamin D Rich Foods and Fortification:

Our bodies are able to produce vitamin D when our skin is exposed to the sun, but many factors (such as age, skin colour, and sunscreen) impact how much vitamin D we produce. Vitamin D is naturally found in fatty fish (especially salmon) and egg yolks. In Canada, fluid cow's milk, infant formula, and margarine are required by law to be fortified with vitamin D; yogurt and cheese are not fortified but may be made with fortified milk. Non-cow's milk beverages (such as goat milk, soy milk and other plant-based milk beverages) and orange juice, may be fortified with vitamin D, but be sure to check the Nutrition Facts label.

<http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php>

### Another Reason to Eat Your Fruits and Veggies!

Research suggests that carotenoids, such as beta carotene and lycopene, could reduce our skin's sensitivity to UV light and provide some protection against sun damage. Carotenoids are found in fruits and vegetables with the highest amount of lycopene being found in processed tomato products, i.e. tomato paste. Carotenoids are believed to neutralize the harmful effects of UVA and UVB rays by scavenging skin-damaging free radicals. These antioxidant micronutrients should be consumed regularly for at least 10 weeks to obtain their sun protection benefits. While consuming more carotenoids can help build up our skin's defense against the sun, they are not an adequate substitute for standard sun precautions such as protective clothing and sunscreen.

<http://ajcn.nutrition.org/content/96/5/1179S.long>

### How Much Sun Exposure Do You Need to Make Enough Vitamin D?

The farther you live from the equator, the more exposure to the sun you need in order to generate. In Canada, a fair skinned person would need about 20 minutes of sun exposure to produce 15,000-20,000 IU's of vitamin D. Regular short exposures, i.e. 15-30 minutes two to three times a week, have been found to be much more effective and safer than intermittent long ones. If you're going to be out in the sun for longer periods, wear a hat to protect your face and light colored clothing that blocks the sun and keeps you cool or use a sunscreen.

Holick, MF (2011). *The Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problems*. Plume 1st edition. ISBN 978-0452296886.

You Tube Video by  
Dr. Holick: Sunlight  
and Your Health: An  
EnLIGHTening  
Perspective

[https://www.youtube.com/watch?v=oAAIMY\\_WtF\\_s](https://www.youtube.com/watch?v=oAAIMY_WtF_s)

## Canadians Should Be Taking a Vitamin D Supplement:

Canadians are at risk of vitamin D deficiency from October to April because winter sunlight in northern latitudes does not allow for adequate vitamin D production. Vitamin D is essential to the treatment and prevention of osteoporosis because it promotes calcium absorption from the diet and is necessary for normal bone growth. Some research suggests it may also ward off immune diseases, infection and cancer. The new guidelines recommend daily supplements of 400 to 1000 IU for adults under age 50 without osteoporosis or conditions affecting vitamin D absorption. For adults over 50, supplements of between 800 and 2000 IU are recommended. Canadians can safely take daily vitamin D supplements up to the current definition of tolerable upper intake level (4000 IU), but doses above that require medical supervision. There is a call for research into optimal doses and safe upper limits for vitamin D intake. Despite a great deal of new research in the past decade, these major clinical questions still have not been addressed.

<http://www.osteoporosis.ca/news/press-releases/new-vitamin-d-guidelines/>  
<http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php>

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***Talk to your Registered Dietitian for more information.***

## Recipe of the Month

### **Panko Crusted Salmon Recipe** (*SimplyRecipes.com*) Makes 4 servings.

#### **Ingredients**

4 tsp olive oil  
4 pieces thickly cut, boneless salmon (each 6 oz.)  
Salt and pepper to taste  
2 tbsp honey mustard or sweet-hot mustard  
2 tsp chopped fresh thyme  
2/3 cup panko bread crumbs  
2 tbsp chopped Italian parsley  
1/2 tsp Hungarian sweet paprika

#### **Instructions**

- 1) Preheat the oven to 400°F (convection or regular). Set the salmon on a foil-lined baking sheet skin side down. Sprinkle with salt and pepper.
- 2) In a small bowl, combine the honey mustard and 1 teaspoon of the thyme. In another small bowl, mix the panko with the remaining 1 teaspoon of thyme, 4 teaspoons of olive oil, parsley, and paprika. Add salt and pepper (a light sprinkle).
- 3) Using a small spoon spread the mustard mixture on the salmon; top with the bread crumb mixture.
- 4) Roast the salmon for 12-14 minutes (test at 10) or until it is almost completely firm to the touch and flakes when poked with a fork. Serve at once.

