



COLONIAL NUTRITION NEWSLETTER

Know your Vitamin D and Calcium...



February is National Dental Month!!



Let's Talk about Vitamin D & Calcium

Role of Vitamin D & Calcium

Major roles of Vitamin D:

- Increase the amount of Calcium that is taken in from foods
- Keep calcium in blood to build bones & do other jobs in the body
- Pull Calcium from bones when it is needed to do one of its other jobs

Major roles of Calcium:

- **Building of bones and teeth**
- Muscle movement
- Blood clotting (how you stop bleeding)
- Can change blood pressure
- Helps keep immune system strong

Signs of not having enough Vitamin D or Calcium:

- ➡ Osteoporosis (Calcium): Condition in Adults where bones become brittle because the body is not getting enough calcium from foods so it keeps taking the calcium from the bones to use it for other jobs.
- ➡ Osteomalacia or Rickets (Vitamin D): Children or adults who do not get enough vitamin D have soft bones and it causes them to bend out of shape.
- ➡ Weak & brittle teeth, especially in childhood

For Teeth: Brushing is just as important as good nutrition! Teeth have a protective coating, but if food is left on the teeth too long it becomes plaque that can cause painful cavities that destroy teeth. Brush in the morning and before bed to help prevent cavities!!

Sources of Calcium

Food Sources: Spinach (1 cup), Navy Beans (1 cup cooked), Bok Choy (1 cup), Okra (½ cup cooked), Broccoli (½ cup cooked), Turnip/Collard Greens (½ cup cooked), Cheese (1oz), Yogurt (1 cup), Cottage Cheese (1 cup), Milk (8oz), Milk Products (varies), Liver (3oz), Eggs (1 hard boiled)



Sources of Vitamin D

Food Sources: Herring or Salmon (3oz), Milk (8oz), Milk Products (varies), Liver (3oz), Eggs (1 hard boiled), Fortified Cereals (¾ cup)



Fun Fact!!

Non-food Source: UV light from the sun helps form the vitamin in the skin. This source is adequate to meet daily needs in the rides between home and school as long as some skin is exposed to the light! (Best in summer when short sleeves and shorts are worn.) Exposure of 10-15 minutes a few times a week is plenty of time to create enough of the vitamin.