

# UNLOCK WIZARD

COVID  
19

CCI  
SPECIAL

Vitamin  
D

*No amount of money or success  
Can take the place of time spent with your family*

#35  
ENGAGE  
Series



*COVID-19 has kept most of us indoors. We don't realise what we miss being indoors. Vitamin D is one such we gain by being in the sun.*

**D** *Vitamin plays a vital role in maintaining healthy bones and muscles. Research suggests that the sunshine vitamin has a role in your nerve and immune system.*

*Striking a balance in our diet could help us to manage this loss. At times it is very difficult for us to convince our children to eat certain vegetables.*

*DB YaR Forum is suggesting some of the healthy ways to motivate our children to eat vegetables and other food rich with vitamin D. Reason out with your children with facts and prepare a balanced diet to live a healthy life.*

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# Vitamin D Benefits



1

## **Supports Healthy Bones**

Vitamin D helps your body absorb calcium. Without enough of the sunshine vitamin, bones can become thin, brittle or misshapen.



2

## **Reduces Cancer Risk**

Long-term studies have shown that adequate vitamin D can reduce cancer risk when taken with calcium.



3

## **Reduces Alzheimer's Risk**

Growing evidence links cognitive decline with low vitamin D levels. In fact, one study showed that people are 2x as likely to develop Alzheimer's and dementia if deficient in vitamin D!



4

## **Decreases Cardiovascular Disease**

Low levels of vitamin D is linked to heart disease, congestive heart failure and high blood pressure. Why? Vitamin D may place a role in reducing plaque buildup associated with heart disease.



5

## **Protects Against Diabetes**

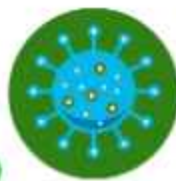
In the elderly, vitamin D may provide protection against type 2 diabetes with its link to insulin action, beta-cell function and inflammation.



6

## **Supports Healthy Pregnancies**

Without adequate vitamin D, preeclampsia, gestational diabetes mellitus and caesarean section are more common.



7

## **Boosts Immunity**

When sick, don't just think vitamin C - think D! Vitamin D plays a role in the innate antimicrobial response, which protects your immunity.



8

## **Combats Depression**

Vitamin D can affect the function of our two "happiness neurotransmitters:" dopamine and norepinephrine.



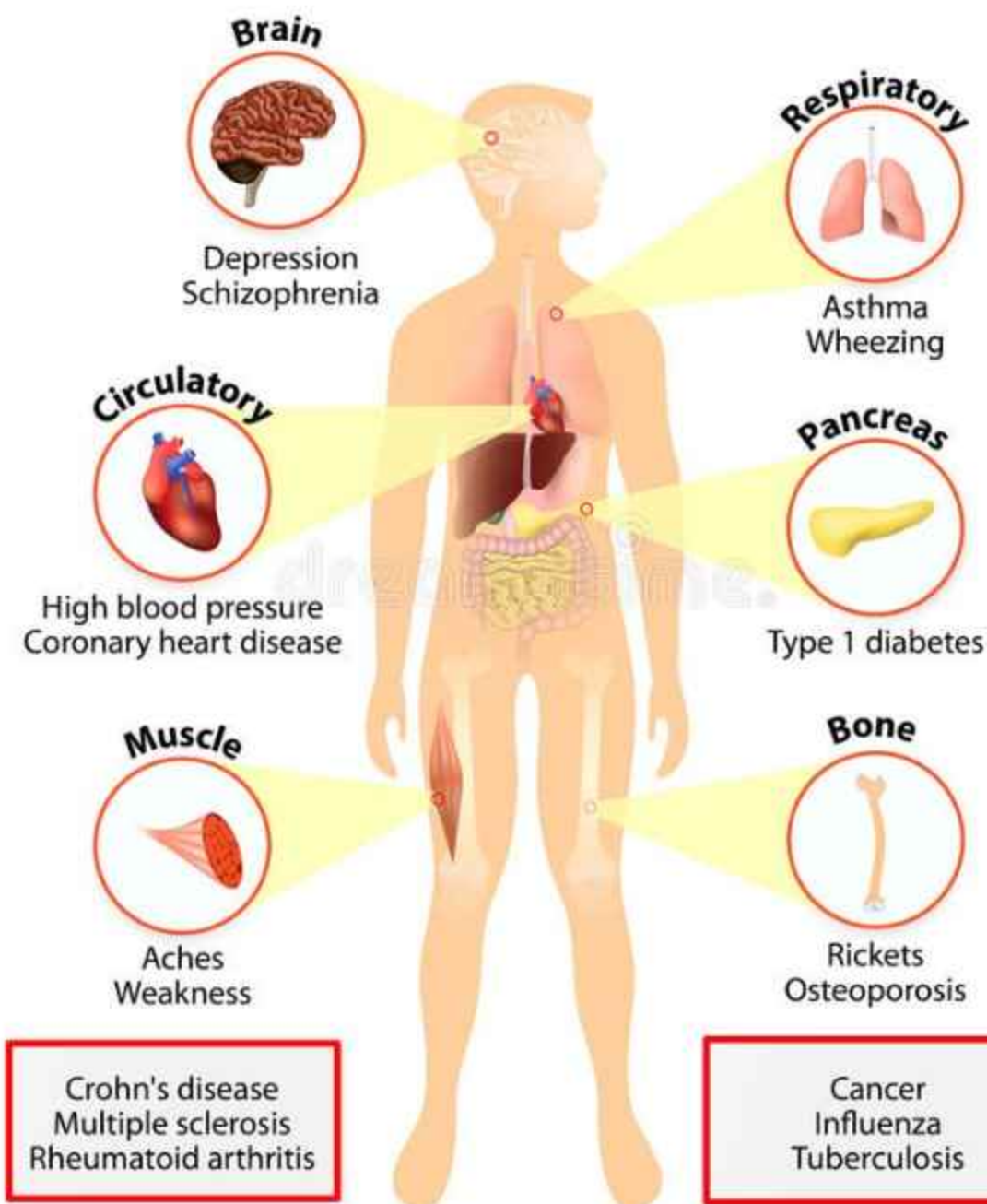
9

## **Reduces Rheumatoid Arthritis**

Low vitamin D levels have been linked to increased disease, inflammation, and rheumatoid arthritis.

**R**esearchers are studying **Vitamin D** for its possible connections to several medical conditions, including diabetes, high blood pressure, cancer, rickets, and autoimmune conditions such as multiple sclerosis.

## VITAMIN D deficiency





**S**un light, for our country its available abundant (at least for most parts of the year) it's strange to find a significant part of our population being diagnosed with Vitamin D deficiency. Its almost became a pandemic. Vitamin D or the 'sunshine vitamin' is an essential nutrient that keeps the bones and teeth healthy. It also plays a major role in regulation and absorption of calcium in the body.



**M**ushrooms are the best natural sources of Vitamin D. The power of mushrooms will leave you astounded. Include them in your diet four times a week and watch your Vitamin D levels shoot up. They can be cooked, baked or pan fried and turned into a tasty and healthy delight. In order to reap more benefits you can sun dry them before consumption. Mushrooms can naturally produce Vitamin D when exposed to sunlight.

[\(Click here for 11 best mushroom recipes\)](#)





**C**heese is a good source of *Vitamin D*. Who doesn't love cheese? Cheese can single-handedly provide more satisfaction than any other food and we're thrilled to give you another reason to enjoy it. Cheese is one of the top 5 foods high on *Vitamin D*. Well, spreading an additional layer of cheese on that morning slice of toast may not be such a bad idea after all.

[\(Click for  
11 best Cheese recipes\)](#)



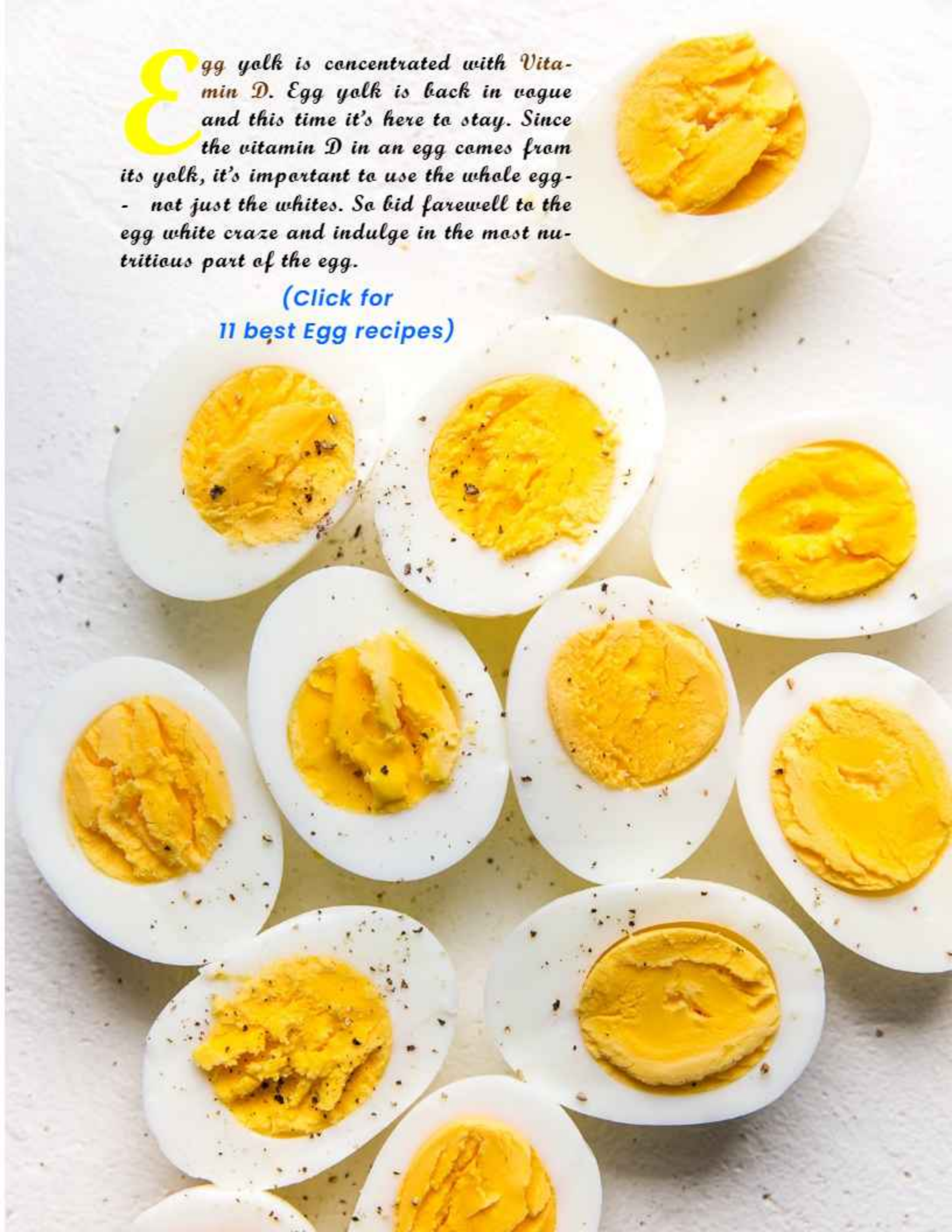
**F**ish & Fish liver oils are good sources of *Vitamin D*. All kinds of fish are high on *Vitamin D*. Typically oily fatty fish contain more *Vitamin D* than less oily fish. An example of oily fish would be a juicy thick fillet of salmon. Other common options are trout, mackerel, tuna or eel.

[\(Click for  
11 best Fish recipes\)](#)



**E**gg yolk is concentrated with Vitamin D. Egg yolk is back in vogue and this time it's here to stay. Since the vitamin D in an egg comes from its yolk, it's important to use the whole egg - not just the whites. So bid farewell to the egg white craze and indulge in the most nutritious part of the egg.

[\(Click for  
11 best Egg recipes\)](#)







**S**oy milk is packed with Vitamin D. While cow's milk is also a great source of calcium, soy milk is a plant-based milk produced by soaking dry soybeans and grinding them with water. While it contains the same amount of protein as regular cow's milk, it boasts of high Vitamin D, Vitamin C and iron.





[\(Click here to view\)](#)



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**S**

ame more  
links.....  
Click to explore

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### 1. SUNLIGHT

The body gets vitamin D from the sun by exposing the skin to the UVB rays of the sunlight.



### 2. COD LIVER OIL

1 TSP : 440 IU \*

More than 100% of required Daily Value.  
\* check the label on the bottle.

### 3. SALMON

100 gms : 470 IU

More than 100% of required Daily Value.



### 4. MACKEREL

100 gms : 470 IU

More than 100% of required Daily Value.

### 5. TUNA

100 gms : 268 IU

More than 67% of required Daily Value.



### 6. SARDINES

100 grams : 192 IU

More than 48% of required Daily Value.

### 7. RAW MILK

1 Cup : 98 IU

Only 24% of required Daily Value.



### 8. EGG YOLKS

1 Large Egg : 41 IU

Only 10% of required Daily Value.

### 9. FISH ROE (CAVIAR)

1 oz (29 ml) : 33 IU

Only 8% of required Daily Value.



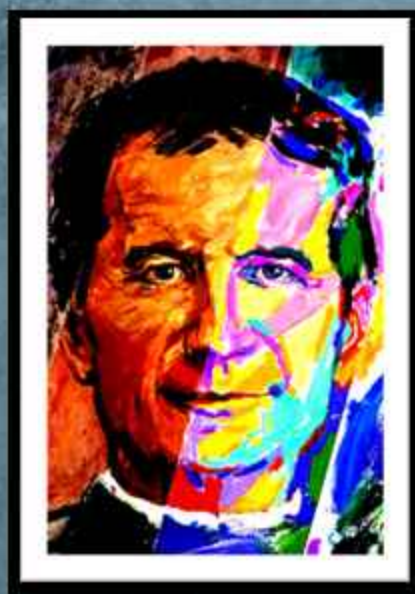
### 10. MUSHROOMS

(only mushrooms grown in sunlight)

1 Cup : 2 IU

Only 1% of required Daily Value.





*“By means of affection,  
gain the heart of the  
Youth”*

**DON BOSCO**

**Don Bosco National Forum for the Young at Risk  
New Delhi**



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