


Vitamin D is essential for bone and skeletal health. Emerging research is showing more and more important roles it has in other functions of the body. Did you know that during the winter months, it can be harder to maintain a healthy level of vitamin D? If you live in the Northern Hemisphere, don't include sources of vitamin D in your diet regularly, or don't go outside much, you could be at risk for a deficiency.

# VITAMIN D & DAIRY



Dairy is a good source of this powerful micronutrient. Find it in:

1. Fortified Milk
  2. Yogurt
  3. Cheese
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Be sure to incorporate these dairy foods as a regular part of your diet to get in this vital nutrient. Let's not forget that your body also needs vitamin D to help absorb calcium, another major mineral for our health that is also found in dairy.

