

1 captures
8 Jan 14 - 8 Jan 14

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Parenting

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How To Boost Your Vitamin D Intake This Season

Learn about 6 sources of Vitamin D to help you increase intake of this important nutrient

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Vitamin D is an incredibly important vitamin, and we all need to make sure that we get enough of it into our bodies. Vitamin D is not only essential for strong teeth and bones, it also helps to keep your heart healthy, and [some studies have found that it reduces the risk of cancer](#). So how can you make sure that you get enough vitamin D?

Natural Sources of Vitamin D









Luckily, there are lots of very easy ways to ensure that you keep your vitamin D levels stocked up! From watching your diet to enjoying the outdoors, here are a few ways you can boost your intake of vitamin D.



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1. **Spend time outside** - Enjoying the sunshine not only feels great, but [it also keeps your vitamin D levels up](#). Try to get out in the sun for at least a few minutes every day, even if you have an office job, to make sure you get your daily vitamin D. [Read more on why sunlight is good for you here](#).
2. **Enjoy fish** - Fatty fish, such as tuna, salmon and mackerel, [are rich in vitamin D](#) and are easy to incorporate into your diet. Try to incorporate these types of fish into your diet at least a couple of times a week to up

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-  Home & Garden (76)
-  News (42)
-  Parenting (46)
-  Recipes (162)

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your vitamin D.

3. **Down your dairy** – Almost all types of cows' milk sold in the US is **fortified with extra vitamin D**, so enjoy a generous helping on your cereal to keep your vitamin D intake up.
4. **Get cracking** – Egg yolks are full of vitamin D, so they're a great option if you're keeping track of your intake. Plus, they're full of protein and omega oils too!
5. **Eat organic** - But be aware: whether we're talking dairy or eggs, the organic, free range varieties have the highest levels of the good stuff as the animals have been able to eat grass naturally, thereby intaking the vitamins they need. So go organic whenever possible.

Taking Vitamin D Supplements

Now that winter's truly on its way, it's more important than ever that you keep up your vitamin D intake. When the days are shorter and the cold draws in, we spend less time outside and we have less chance to get our vitamin D from the sun's rays. If you want a little extra help with getting your vitamin D intake, take a special vitamin D supplement to help keep you on track.



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Limited Time Offer!

Get your daily dose of Vitamin D easily with this week's ethicalDeal: **get up to 42% off organic vitamin D3 from Zwell!** Special offer only available October 2 -9, 2013. Get it before it's gone!

About the author:

Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces,

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Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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