

## Mayo Clinic Minute

### Why you need vitamin D and how to get it

VIDEO	AUDIO
	When you get some sun, you're also soaking in vitamin D. And many people could use more of the nutrient.
<b>Title:</b> <b>Donald Hensrud, M.D.</b> <b>Medical Director</b> <b>Mayo Clinic Healthy Living Program</b>	"The most important aspect of vitamin D is that it promotes good bone health. If you don't have adequate vitamin D, you're at risk for certain bone conditions, such as osteomalacia and osteoporosis in adults and rickets in children."
	Dr. Donald Hensrud is the medical director of the Mayo Clinic Healthy Living Program.
	<i>Sound of milk pouring</i>
	He says vitamin D sources are limited.
Donald Hensrud, M.D.	"Vitamin D is not in a lot of foods."
<b>Graphic:</b> <b>Fatty fish</b> <b>Egg yolks</b> <b>Milk</b> <b>Dairy products</b> <b>Cereals</b>	There is a small amount of the nutrient in fatty fish and egg yolks. Milk, other dairy products and some cereals are vitamin D-fortified.
	Sunshine also contains vitamin D. However, too much sun can put you at risk for skin cancer.
Donald Hensrud, M.D.	"It's a balancing act."
Donald Hensrud, M.D.	"If you're in the sun, use sunscreen, so you don't burn and increase your risk of skin cancers. You still may absorb a little bit of vitamin D."
	And if you're dairy-intolerant or prefer to stay out of the sun?
Donald Hensrud, M.D.	"If people have any concerns at all, they can take a supplement."

Graphic:  
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For the Mayo Clinic News Network, I'm Jeff Olsen.