



Vitamin D

in the Golden Years



25%

of Canadians between the ages of 60-79 are potentially at risk of vitamin D deficiency

Average daily vitamin D intake of adults aged over 70 in Canada is only:



55%



51%

of the Health Canada recommendation for **800 IU/DAY**

Prevention Tips



Choose fortified food

Maintain a healthy diet with fortified vitamin D



Eat fatty fish

Salmon, mackerel, & tuna are natural sources of vitamin D



Take Supplement

Health Canada recommends to the elderly to take vitamin D supplement of 400 IU /day



Limit Alcohol

Alcoholism is associated with low levels of vitamin D

What causes Vitamin D Deficiency in older adults?



Decrease in the ability of skin to produce vitamin D



Medications interfere with vitamin D interactions



Long term hospitalization and being homebound

Vitamin D deficiency in the elderly **increases** the risks of

