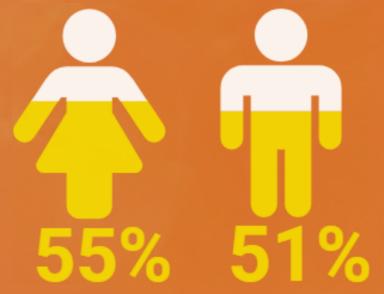


of Canadians between the ages of 60-79 are potentially at risk of vitamin D deficiency

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



of the Health Canada recommendation for 800 (U/DAY

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



Muscle weakness

> Circulation disorder



Oral disease

> Colorectal cancer

Osteoporosis, Weakened and softened bones, &

**Fractures** 

ccloons made by Freepik Smashicons and Daniel Bruce from www.flaticon.com





Choose fortified food

Maintain a healthy diet with fortified vitamin D



Salmon, mackerel, Stuna are natural sources of vitamin D



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