



Cancer, Vitamin D & Brain Vitality . . .



The so called “Sunshine Vitamin” known for protecting your bones, vitamin D, has also been linked to brain vitality and cancer prevention.

Vitamin D consumption was associated with a 77% reduced risk of cancer in a recent study from the Creighton University School of Medicine. Joan M. Lappe, PhD, RN said the findings “confirm what a number of vitamin D proponents have suspected for some time but that, until now, has not been substantiated through clinical trial. Vitamin D is a critical tool in fighting cancer as well as many other diseases.”

In addition to the protection against several cancers, including breast, colon, prostate and ovarian, vitamin D has also been linked with brain vitality. British researchers reported that low levels of vitamin D were associated with slower information processing speeds in a study released in the Journal of Neurology, Neurosurgery and Psychiatry. Brainpower boost were most pronounced in men age 60 and over.

The current daily value for vitamin D for adults and children age 4 and older is 400 IU but most experts in the field believe these levels should be raised fivefold to nearly 2,000 IU. This fat-soluble vitamin is naturally present in very few foods (with values seen below), is added to others, is available as a dietary supplement and is produced thru exposure to sunlight.



Food	IUs per serving*	Percent DV**
Cod liver oil, 1 tablespoon	1,360	340
Salmon, cooked, 3.5 ounces	360	90
Mackerel, cooked, 3.5 ounces	345	90
Tuna fish, canned in oil, 3 ounces	200	50
Sardines, canned in oil, drained, 1.75 ounces	250	70
Milk, nonfat, reduced fat, and whole, vitamin D-fortified, 1 cup	98	25
Margarine, fortified, 1 tablespoon	60	15
Ready-to-eat cereal, fortified with 10% of the DV for vitamin D, 0.75-1 cup (more heavily fortified cereals might provide more of the DV)	40	10
Egg, 1 whole (vitamin D is found in yolk)	20	6
Liver, beef, cooked, 3.5 ounces	15	4
Cheese, Swiss, 1 ounce	12	4

*IUs = International Units. **DV = Daily Value. DVs were developed by the U.S. Food and Drug Administration to help consumers compare the nutrient contents of products within the context of a total diet. The DV for vitamin D is 400 IU for adults and children age 4 and older.