

Healthy Living Focus Vitamin D

Hello and welcome to this week's healthy living focus! in this edition, we are looking at why we need vitamin D. from sunlight to food, we will look at ways to get the healthiest dose of vitamin D, as well as find out how to stay safe in the sun while enjoying the lovely summer weather.

Vitamin D throughout the year

- The body creates vitamin D from direct sunlight on the skin when outdoors, From early spring to the end of September, most people should be able to make all the vitamin D they need from sunlight.
- During the autumn and winter, people need to get vitamin D from their diet because the sun is not strong enough for the body to make vitamin D.

Benefits of vitamin D

- ✓ **Good bone health**
- ✓ **Helps to build a strong immune system**
- ✓ **Protects against certain diseases, such as heart disease**
- ✓ **Reduces chances of developing the Flu and other illnesses**

Vitamin D in food

- ✓ oily fish – such as salmon, sardines, herring and mackerel
- ✓ Broccoli and sweet potato
- ✓ Mango and melon
- ✓ egg yolks
- ✓ fortified foods – such as breakfast cereals

Vitamin D supplements provide your daily dose and are available from most pharmacies.

Staying safe in the sun

Experiencing severe sun burn is a leading factor in developing skin cancer, so keeping your skin safe in the sun is very important.

- Seek shade between 11am-3pm
- Always wear sunscreen of spf 30+
- Wear a sunhat and sunglasses
- Drink at least 8 glasses of water a day
- Avoid drinking alcohol in extreme heat
- Wear loose cotton clothing

Healthy Living Goal

Get a boost of vitamin D by enjoying a lunch of hard boiled eggs, baked salmon, and salad made from spinach, tomatoes, red onion and cucumber.

Benefits of Sunlight

- ✓ A great source of vitamin D
- ✓ Promotes a positive mood
- ✓ Positive impact on depression
- ✓ Improved sleep quality

10-15 minutes sun exposure is adequate for most people to feel these benefits, just remember the sun screen!

RECIPE OF THE WEEK

One Pan Mushroom and Leek Orzo



Ingredients

2 tbsp olive oil (or spray oil)
300g/10½oz mushrooms, sliced
2 medium leeks, trimmed and thinly sliced
400g/14oz orzo pasta
1 low salt vegetable or chicken stock cube
black pepper to taste

Method

1. Heat the oil in a large saucepan. Add the mushrooms and leeks, season with a pinch of black pepper and fry for 5 minutes, stirring regularly.
2. Add the orzo and cook for a few seconds more, then stir in 1.2litre/2 pints water and crumble in the stock cube.
3. Bring the liquid to the boil and cook for about 12 minutes, or until the orzo is soft. Stir regularly, especially towards the end of the cooking time, as the orzo can begin to stick. Add a splash more water if needed until the right consistency is reached.
4. Serve topped with a sprinkle of pepper.

Healthy Living Tips

- Any mushrooms work well in this dish. Button mushrooms are delicious and can be a cheaper option than chesnut mushrooms.
- Mushrooms are rich in Vitamin D, they also absorb it from the sun!

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at

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