



Natural Goodness News



Welcome to *Natural Goodness News*, the quarterly health and wellness newsletter from Oakhurst Dairy. Here you'll find the latest news on health and dairy nutrition, plus tips, recipes and more from Pam Stuppy, MS, RD, LD, our Oakhurst registered dietician.

In this issue: The Basics on Vitamin D

Why you may need more Vitamin D

[hint: it's not just about your bones!]

For years you've heard about the importance of vitamin D for maintaining healthy bones.

Now, researchers are uncovering many new reasons why vitamin D—the “sunshine vitamin”—is vital to your overall good health. Unfortunately, studies have also shown that many of us are vitamin D deficient. The good news: you have a ready source of vitamin D in your refrigerator: with 100 IU in every 8-oz. serving, milk is one of the few dietary sources of vitamin D.

What causes Vitamin D deficiency?

Many diseases and medical conditions appear to be more prevalent in the northern parts of the country where there is also a higher level of vitamin D deficiency—think less sun exposure. Our skin makes vitamin D from the UV rays of the sun, so in northern latitudes we need to make up for our lack of sun exposure in other ways, especially because we now know that vitamin D can affect most tissues of the body.

People with darker pigmented skin or those who are obese are even more likely to be vitamin D deficient. But all of us should be concerned about getting adequate amounts. Symptoms of vitamin D deficiency include muscle aching and weakness, which can be reversed by improving your vitamin D intake.

New research on vitamin D

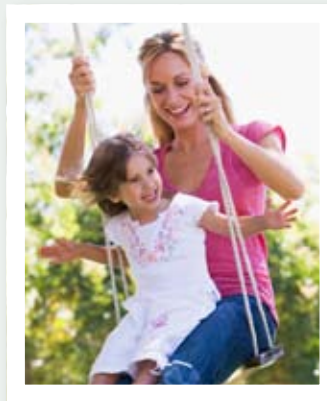
Vitamin D at adequate levels can assist with growth and development in children and also potentially reduce the risk of acquiring some medical conditions over a lifetime. These include:

Some forms of cancer • Heart disease • High blood pressure

Autoimmune diseases, such as rheumatoid arthritis, multiple sclerosis, lupus, type 1 diabetes and others

Vitamin D can also boost the immune system in general, which may lower your risk of getting a cold or the flu. Higher levels of the vitamin may even reduce symptoms or slow progression of autoimmune diseases.

[Read more about the many benefits of Vitamin D](#)



How to get more vitamin D in your diet

Oakhurst milk is a great way to boost your vitamin D intake throughout the day—and get at least 8 other essential nutrients into your diet. Here are just a few ideas:

- Use Oakhurst milk instead of water to make your hot cereal in the morning.
- Hot cocoa made with Oakhurst milk is a healthy snack
- Use Oakhurst milk in warm, creamy soups for a nourishing supper

Easy Recipe Creamy Hot Cereal

One Serving

½ cup raw oats or

¼ cup oat bran

1 cup Oakhurst milk

Optional: 2 TBS dried fruit such as raisins, dried cranberries or currants

Cook cereal according to package directions, but substitute milk for water.

Topping ideas: fresh fruit, applesauce, cinnamon or other sweet spices, brown sugar or maple syrup .

Note, if you are in a hurry, oat bran only takes 1-2 minutes to cook and gives you 6 grams of fiber!

This recipe is a great source of soluble fiber, calcium, Vitamin D and protein.

For more on milk and dairy health, visit the [Health and Wellness](#) section of our website.