

lincoln larks

Members of the Lincoln Larks and a guest meet at noon on Wednesday, April 20, for a lesson on Vitamin D from sunshine to supplements given by Melinda Daily.
Daily said the Vitamin D comes from very few foods, certain yeasts and plants. It is found in oily fish.

There is some in beef liver and egg yolks, milk, butter, some cereals, bread, yogurt and orange juice.
Sun screen prevents absorption of Vitamin D from sunshine.
The interest in Vitamin D come from the fact that it helps the body prevent diseases and infections.

Vitamin D help regulate a number of genes in several cancers and also helps diabetics.
Infants, children and teens need 400 units of the vitamin. Adults from 19 to 50 need 200. Adults from 51 to 70 need 400 and over 71 need 600.

The best source of Vitamin D is from the sun.
The group is working on the fair display and will try to get together this summer.
Submitted by Arbutus Topliff

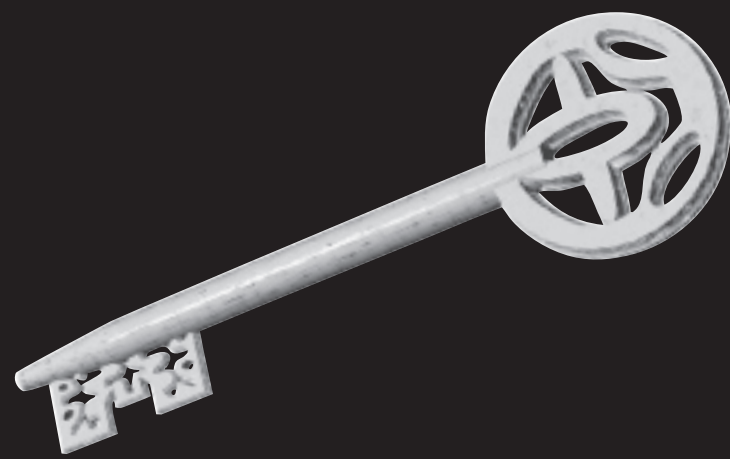
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