



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

Christmas nights out are just around the corner. You can still enjoy your night out while trying to be good. Stay clear of the bowls which are full of snacks – they will pile on unnecessary calories. Eating something healthy before going may help stop the temptation.



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VITAMIN D is an essential nutrient also known as the sunshine vitamin. It is produced in the body when the sun's ultra violet rays come in contact with your skin.

The most important function of Vitamin D is that it regulates the amount of calcium and phosphorous in the body – both are elements that are vital for strong bones, teeth and also to keep your muscles healthy.

Therefore, an early symptom of a Vitamin D deficiency could be muscle and joint pain and your body may also lack calcium if you are deficient in Vitamin D.

A deficiency of Vitamin D in the body could lead to an increased risk of:

- heart disease
- multiple sclerosis
- rheumatoid arthritis
- depression
- dementia.

Studies have found a link between Vitamin D deficiency and higher risk of developing dementia. One particular study showed that increased exposure to the sun, which is a major source of Vitamin D, can reduce the risk of dementia.

While a clear link with dementia has not been verified yet, more research would help.

The best source of this vital vitamin is getting out in the sunshine; when the sun's UVB rays hit our skin, a reaction takes place that enables the cells to manufacture it.

Unfortunately, now winter has arrived and you need to be more aware about getting enough Vitamin D. Here are a few tips:

Fatty Fish

Salmon, mackerel, herring, trout and kippers are all brilliant sources of vitamin D. Just half a fillet of salmon has over 1,000 IU of vitamin D, which is more than the daily recom-

mended allowance for a person.

Fortified milk

Research shows a 200ml glass of whole milk contains at least 100 IU of vitamin D, a quarter of your daily optimum vitamin D intake. Not all milk products contain this essential vitamin, so look for fortified varieties.

Eggs

All the Vitamin D in an egg comes from its yolk, so it's important to use the whole egg and not just the whites.

Add mushrooms

Certain varieties of mushrooms can produce vitamin D when exposed to sunlight. Some studies suggest that including mushrooms in your diet four times a week may shoot up your Vitamin D levels. Shiitake mushrooms are the best at mimicking the process.

Take a supplement

There are very few natural food sources of Vitamin D, therefore one of the easiest ways is to take a supplement. Most health food shops will stock Vitamin D tablets.



Motivational quote of the day

*Successful people
do daily what
others do
occasionally*

FITNESS TIP

If you are struggling to train outside in the cold, may mean you do not have the correct kit. Investing in base layers, gloves and other outdoor gear will mean the weather does not effect your training and gives you more of an incentive to train through colder months.