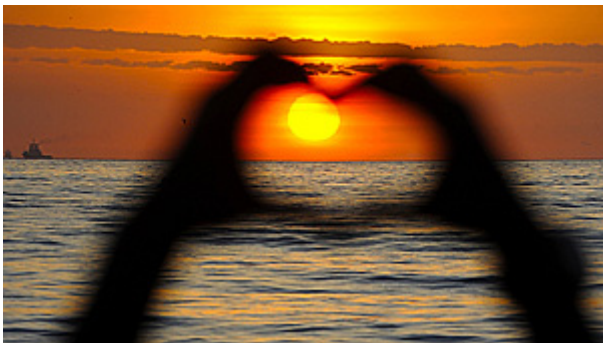


Vitamin D-licious

By Melanie Peters | December 10, 2013

Vitamin D is the sunshine vitamin. It's estimated that just 10 to 15 minutes of exposure daily to sunlight is enough to stimulate the hormone in your body that makes vitamin D. And yet, millions of people reportedly suffer from a [vitamin D deficiency](#) [↗](#).



That's alarming news because vitamin D benefits your health in multiple ways. Aside from promoting bone health by aiding the body's ability to absorb calcium, it plays a measurable role in the prevention of many cancers, including [bladder](#), [colorectal and breast](#) and [kidney](#).

Moreover, low levels of vitamin D have also been linked to [type 1 diabetes](#) and certain forms of [eczema](#).

In the winter, of course, it's harder to spend enough time in the sun to boost vitamin D production. Some alternatives are supplements or fortified products, such as breakfast cereals and milk, but there are tastier options: foods naturally rich in vitamin D.

Here are three recipes – a breakfast, lunch and dinner – to help you get the vitamin D you need to stay healthy.



Breakfast: [Florentine-Swiss Omelet for One](#)

Start your day off with this one-two punch of nutrition! Egg yolks are rich in vitamin D, which will help your body better take advantage of the calcium-rich spinach that fills this delicious omelet. Double the recipe for a healthy breakfast for two.

Lunch: [California Marinated Salad](#)

Not only are the mushrooms in this salad a great source of vitamin D, but the longer it marinates, the yummiest it is!

Dinner: [Simple Salmon with Dill Sauce](#)

Fatty fish like salmon, tuna and mackerel are great sources of vitamin D. For dinner, try this easy-to-prepare salmon dish.
