

The Importance of Vitamin D

Vitamin D is a fat-soluble vitamin that acts as a steroid hormone. The body makes vitamin D from cholesterol through a process triggered by the action of the sun's ultraviolet B rays on the skin. Factors such as skin color, age, amount and time of sun exposure, and geographic location affect how much vitamin D the body makes. Vitamin D influences the bones, intestines, immune and cardiovascular systems, pancreas, muscles, brain, and the control of cell cycles. Its primary functions are to maintain normal blood concentrations of calcium and phosphorus and to support bone health. http://www.medscape.com/viewarticle/731722_2

Do You Know That?

- Eating eggs on a regular basis strengthens the immune system.
- Eggs are good for eyes and they prevent macular degeneration.
- Including egg in our diets lowers the risk of developing cataracts.
- Eggs help in reducing the risk of breast cancer.
- Eggs foster healthy growth of hair and nails due to the high sulfur content, vitamins and minerals.
- Eggs contain the naturally occurring vitamin D and are beneficial for eyes and skin.
- Eggs contain a nutrient called choline that is useful in the regulation of the nervous system, brain and cardiovascular system.

<http://www.buzzle.com/articles/nutritional-value-of-eggs.html>

