

## Vitamin D and Your Health

Please complete and return.

1. Fill in the circle next to the best answer.
  - a) Vitamin D is needed to absorb calcium
  - b) Vitamin D is needed for a healthy immune system
  - c) Vitamin D is needed to prevent anemia
  - d) Both a and b
  - e) All of the above
  
2. Vitamin D is found naturally in many foods.
  - True
  - False
  
3. Our body can make vitamin D when our skin is exposed to sunlight.
  - True
  - False
  
4. Most Americans have healthy blood levels of vitamin D.
  - True
  - False
  
5. I plan to talk to my doctor about taking a vitamin D supplement.
  - Yes
  - No
  - I already have talked to my doctor about taking a vitamin D supplement.

Prepared by Rosemary Rodibaugh, Ph.D., R.D., L.D., Professor - Nutrition ([rrodibaugh@uaex.edu](mailto:rrodibaugh@uaex.edu)), University of Arkansas Division of Agriculture.