A pretty decently sized amount of people have fairly low levels of Vitamin D. Here are some other food sources containing Vitamin D:

- Cod liver oil
- Salmon
- Swordfish
- Tuna fish
- Orange juice fortified with vitamin D
- Dairy and plant milks fortified with vitamin D
- Sardines
- Beef liver
- Egg yolk
- Fortified cereals

Happy Dairy Month all! When we think of milk and we think of the health benefits of milk we think of calcium, right? Yes!! However not only does milk contain plenty of calcium but it also contains other important nutrients such as B Vitamins, Phosphorus, Zinc and Vitamin D3. D3 is like a master hormone, it plays a fundamental role in many bodily functions, without it our immune system is seriously debilitated. However a slightly lesser known fact about D3 is that its active form, Calcitriol, plays a key role in calcium absorption. It acts on gastrointestinal cells to increase the amount of calcium transport proteins, resulting in the increased uptake of calcium. Calcitriol also plays a role in the kidneys by increasing calcium reabsorption, thus preventing loss of calcium in the urine. While we don’t completely understand Vitamin D’s role in Calcium we do know that it has a significant impact on osteoblast function and stimulates the release of calcium from the bones.
**Exercise Your Mind**

**Split the Milk!** In honor of National Dairy Month, help us figure out this Legen-Dairy riddle!

You have three jugs. They can hold 12 liters, 8 liters, and 5 liters of milk, respectively. The 12-liter jug is full of milk, the other two jugs are empty. You need to split the milk in half (i.e., into two portions of 6 liters each) using only the jugs on hand. How can you split up the milk to give away exactly 6 liters, and keep 6 liters?

**Answer:**

*In this order 12 liters, 8 liters, 5 liters*

Follow these steps:

- 12-0-0
- 4-8-0
- 4-3-5
- 9-3-0
- 9-0-3
- 1-8-3
- 1-6-5
- 6-6-0

**Resources**

- **Virginia 4-H | Facebook**
  www.facebook.com/Virginia4HStateOffice
- **Virginia Family Nutrition Program**
eatsmartmovemoreva.org
  www.facebook.com/VaFNP

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