

Get more out of your vitamin D

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If you take a vitamin D pill to meet your requirements for the sunshine vitamin, you'll get more out of it if you eat it with a little fat. Fat stimulates the release of bile into the small intestine, which makes it easier for the body to absorb fat-soluble vitamins like D.

Bess Dawson-Hughes, director of the Bone Metabolism Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA), showed how important the pairing can be in a study that was published in the *Journal of the Academy of Nutrition and Dietetics*.

She gave 50 healthy men and women 50,000 international units of vitamin D₃. (Note that this is a monthly dose, which is much higher and easier to study than the typical daily dose.) Some of the subjects ate a nonfat breakfast of egg whites, toast, fruit and juice with their dose. The

others ate a similar breakfast, but with 30 percent of the calories coming from corn or olive oil. Each group ate a lunch and dinner with [fat](#) ratios that mimicked those in their breakfasts.

At the end of the day, blood tests showed that the people who ate the meals with fat absorbed 32 percent more [vitamin D](#) than the nonfat group. Avocados, nuts, salmon and vegetable oils are all good sources of the healthy unsaturated fats that will do the trick.

More information: Bess Dawson-Hughes et al. "Dietary Fat Increases Vitamin D-3 Absorption," *Journal of the Academy of Nutrition and Dietetics* (2015). [DOI: 10.1016/j.jand.2014.09.014](https://doi.org/10.1016/j.jand.2014.09.014)

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