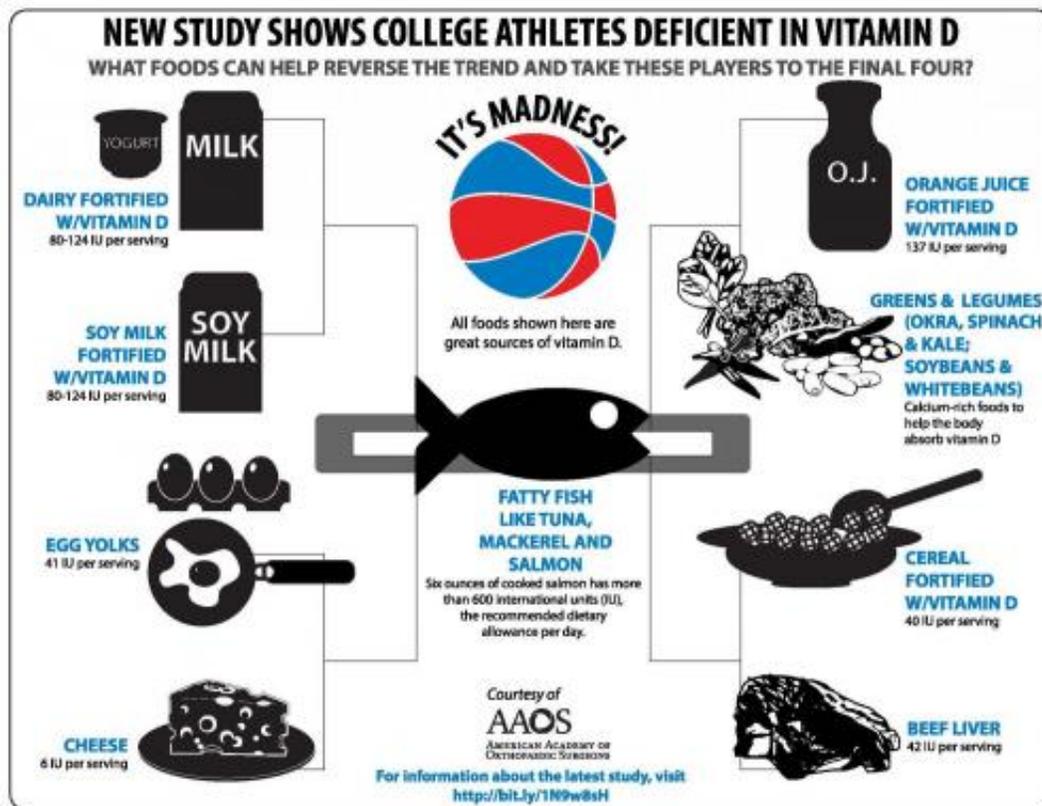


More than one-third of Division I college athletes may have low vitamin D levels

March 27 2015



NEW STUDY SHOWS COLLEGE ATHLETES DEFICIENT IN VITAMIN D
WHAT FOODS CAN HELP REVERSE THE TREND AND TAKE THESE PLAYERS TO THE FINAL FOUR?

IT'S MADNESS!
All foods shown here are great sources of vitamin D.

DAIRY FORTIFIED W/VITAMIN D
80-124 IU per serving

MILK

SOY MILK FORTIFIED W/VITAMIN D
80-124 IU per serving

SOY MILK

EGG YOLKS
41 IU per serving

FATTY FISH LIKE TUNA, MACKEREL AND SALMON
Six ounces of cooked salmon has more than 600 international units (IU), the recommended dietary allowance per day.

ORANGE JUICE FORTIFIED W/VITAMIN D
137 IU per serving

O.J.

GREENS & LEGUMES (OKRA, SPINACH & KALE; SOYBEANS & WHITEBEANS)
Calcium-rich foods to help the body absorb vitamin D

CEREAL FORTIFIED W/VITAMIN D
40 IU per serving

CHEESE
6 IU per serving

BEEF LIVER
42 IU per serving

Courtesy of
AAOS
AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS

For information about the latest study, visit
<http://bit.ly/1N9w8sH>

A balanced diet can boost Vitamin D levels. Credit: American Academy of Orthopaedic Surgeons

A new study presented today at the 2015 Annual Meeting of the American Academy of Orthopaedic Surgeons (AAOS) found that more than one-third of elite, Division I college athletes may have low levels of

vitamin D, which is critical in helping the body to absorb calcium needed to maintain bone mass, and to minimize musculoskeletal pain and injury risk.

Up to 1 billion people globally have insufficient or deficient vitamin D levels. Vitamin D is found in fish, regularly added to milk and dairy products in the U.S., and available as a supplement. Vitamin D also is produced in the body through sun exposure.

"Although multiple studies have demonstrated a high prevalence of vitamin D insufficiency across various populations, there is a paucity of data regarding elite level [athletes](#)," said orthopaedic surgeon and lead study author Diego Villacis, MD, administrative chief resident physician at the University of Southern California. "Recent studies also have demonstrated that vitamin D levels have a direct relationship with muscle power, force, velocity and optimal [bone mass](#)."

In this study, which appeared in the February 2014 online issue of Sports Health, researchers measured the serum 25-hydroxyvitamin D (serum 25) levels of 223 National Collegiate Athletic Association (NCAA) athletes (121 men and 102 women) between June 2012 and August 2012. The mean serum 25 level for the athletes, enrolled in a broad range of indoor and outdoor sports, was 40.1 ± 14.9 ng/mL (32 ng/mL is considered normal; 20 to

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