



# NUTRITION CORNER

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## Vitamin D: The Must Have for Seniors

Seniors over the age of 71 should get 800 IU of Vitamin D daily- your doctor can help you determine whether you are getting the right amount by a simple blood test- your doctor may recommend a supplement but always speak with your doctor first!

### Why is this deficiency so common among seniors?

- Decreased dietary intake of Vitamin D
- Less exposure to sunlight
- Reduced skin thickness
- Impaired intestinal absorption

### Reasons why we need Vitamin D:

- Prevent falls and fractures
- Lower risk for osteoporosis and other bone disorders
- Maintain physical mobility and independence
- Decreased risk of cardiovascular problems, diabetes and some cancers

### TUNA BURGER

#### Ingredients:

½ c. bread crumbs  
 2 tsp mustard  
 2 cans tuna drained  
 1 tbsp olive oil

#### Serving: 1 patty

2 tbsp peppers sauce  
 1 medium egg  
 1 dash pepper

#### Directions:

- 1) Mix all ingredients in a bowl except oil
- 2) Season to taste with pepper
- 3) Divide mixture into 4 parts, form a ball and flatten into patties
- 4) Heat olive oil in a non-stick pan on medium heat- cook patties until nicely browned 3-4 minutes on each side

**Calories:** 330

**Carbohydrates:** 33 grams

**Fat:** 6 grams

**Sodium:** 0

**Protein:** 36 grams

**Vit D:** 43.9 UI