

You probably know vitamin D—the “sunshine vitamin”—as calcium’s little helper. Without it, your body can’t use bone-building calcium. Turns out that D may also be a powerful cancer-fighter. Recent studies link high doses (1,000 IU) of the vitamin to lower rates of colon, kidney, breast, and pancreatic cancer. In fact, one biopharmaceutical company is developing a new cancer-treatment drug based on a vitamin D hormone.

Your body can make vitamin D—10 to 15 minutes of full sunshine three times a week is all many people need. But as you get older, vitamin D production slows. And sometimes there’s just no time to catch some rays (or there are none to be caught).

Here are some tasty ways to get the 200 IUs a day recommended by the government (double up if you’re older than 50). But don’t overload: Even if you’re bulking up for cancer prevention, don’t exceed 2,000 IU a day, or you could suffer liver or kidney damage.

Vitamin D

Easy ways to get more of the sunshine vitamin. *By Shaun Chavis*

shiitake mushrooms

4 mushrooms = 55 IU

☀️ Shiitakes can go just about anywhere you’d use a white button mushroom, and they have more flavor. Stir sliced shiitakes into soup or rice.

eggs

1 egg = 17 IU

☀️ The D is in the yolk. Add sliced boiled eggs to a sandwich. And why not try an omelet for dinner?

1% milk

1 cup = 127 IU

☀️ Make your instant oatmeal or hot chocolate with milk instead of water.

shrimp

6 large = 64 IU

☀️ Add cooked shrimp to a salad, toss with pasta, or the next time you’re out for Mexican, order shrimp tacos.

canned light tuna

3 ounces = 200 IU

☀️ Try a twist on the French sandwich, *pan bagnat*. Dress flaked tuna with red wine vinegar, olive oil, salt, and pepper, and layer it on crusty bread with lettuce, tomato, red onion slices, and a few sliced olives.

