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What are names that start with d

Photo Courtesy: Justin Paget/DigitalVision/Getty Images Vitamin D is important for maintaining a healthy body, primarily because it helps you fully maximize your body’s absorpition and utilization of calcium, an important mineral that we all need. When paired with calcium, vitamin D helps regulate bone remodeling and growth, ensuring healthy, strong bones. Vitamin D can also help protect older adults from osteoporosis, which occurs due to excess bone loss from aging. Furthermore, this nutrient boosts your immune system and reduces inflammation within your body, potentially warding off future medical conditions in the process. It also plays a vital role in cell growth, neuromuscular functions and protein encoding. Studies have shown that a regular, healthy vitamin D intake can also serve as an antidepressant and make people feel generally happier. But that’s not all you’ll want to know about vitamin D.Sources of Vitamin DVitamin D is naturally found in certain foods and now appears in many more foods that have been fortified with added nutrients. The best sources of naturally occurring vitamin D are oily fish such as salmon, tuna, cod, sardines and mackerel. Fish liver oils are another good source of vitamin D. Small amounts of the nutrient are present in beef liver, cheese, egg yolks and mushrooms. Photo Courtesy: Alexander Spataro/Moment/Getty Images Commonly, vitamin D-fortified foods include whole milk, orange juice, margarine and breakfast cereals. It’s important to look at the label and nutrition facts to verify that vitamin D is in a particular food you’re considering. Because dairy products are often fortified with vitamin D, lactose intolerant or vegan individuals should keep an eye on their diets to ensure they get enough of the vitamin. Sun exposure is another method of naturally obtaining vitamin D, as our bodies can create their own vitamin D upon exposure to ultraviolet (UV) rays from the sun. However, it’s difficult to gauge exactly how much sun exposure can generate sufficient vitamin D, as overexposure can be harmful, too. UV rays are also known to trigger free radicals, which can lead to skin cancer if left unchecked. It’s been suggested that getting approximately 15 minutes of sun exposure between 10 a.m. and 3 p.m. at least twice a week to your face, arms, legs or back will help your body synthesize enough vitamin D. It’s important to note that you can’t cover the exposed area of your body with sunscreen if you choose to get vitamin D naturally. The SPF blocks UV rays and can hinder your body’s ability to create vitamin D. If you’re in the shade or behind a window, the rays will not get through. If the climate where you live is primarily cloudy, it’s important to get your recommended amount of vitamin D via other means. Dietary supplements are also an excellent way of obtaining vitamin D. Supplements come in two forms: vitamin D3 (cholecalciferol), which is identical to the form your body makes when exposed to sunlight, and vitamin D2 (ergocalciferol), which differs slightly from D3 in its chemical side-chain structure. There’s some evidence that vitamin D3 increases and maintains overall levels slightly better than vitamin D2.Side Effects of a Vitamin D DeficiencyVitamin D deficiency occurs when you don’t adequately absorb the nutrient or when your kidneys can’t convert the nutrient to its active form. This deficiency can result in medical conditions, two of which are called rickets and osteomalacia. Photo Courtesy: RoalPeopleGroup/E+/Getty Images Rickets, a disease characterized by a failure of bone tissues to get enough minerals, can result in abnormal, soft bones and skeletal deformities. It’s most common in children. Fortunately, it isn’t permanent, and kids can consume as few as 1 to 3 teaspoons of cod liver oil a day to reverse the condition. With the help of fortified foods today, rickets is almost obsolete in the United States. Osteomalacia, characterized by soft and weak bones, is usually present in adults. It’s commonly treated with an intense regimen of vitamin D replacement under the care of a physician.Vitamin D and Other Health ConditionsVitamin D deficiency has been linked to cardiovascular disease, and people with lower levels of vitamin D appear to be at an increased risk of having a heart attack or stroke. However, the exact relationship isn’t clear, and there appears to be no benefit to cardiovascular risk in taking a vitamin D supplement. Photo Courtesy: PixelsEffect/E+/Getty Images Research is also ongoing to find if there’s a link between vitamin D and multiple sclerosis (MS). It appears that vitamin D deficiency is linked to the development of MS, and people with MS and higher levels of vitamin D appear to have reduced disease activity. Low vitamin D has been linked to an increased risk of contracting respiratory illnesses such as influenza A. It appears that people with low vitamin D levels are at greater risk of severe novel coronavirus (COVID-19) infection. It’s not clear yet if routine vitamin D supplementation would reduce this risk. Because vitamin D is a fat-soluble substance, it can stay in your body for several days. Thus, vitamin D poisoning is possible if you supplement too much vitamin D over a period of a few months. Symptoms of vitamin D overdose include dehydration, vomiting, decreased appetite, irritability, constipation and fatigue. If left unaddressed, vitamin D poisoning can lead to anorexia, over-calcification of the bones and internal organs, kidney stones and hypertension (high blood pressure). It’s important to note that vitamin D poisoning usually only occurs with excessive intake of dietary supplements. It’s highly unlikely to occur as a result of normal dietary intake and sun exposure.Daily Dosage RecommendationsThe recommended dietary allowances for vitamin D vary depending on your age and other health and life circumstances, such as pregnancy. For infants under 12 months, the recommended intake is 400 international units (IU) or 10 micrograms (mcg). For individuals under 70 years old, the recommended intake is 600IU (15mcg). For individuals over 70 years old, the intake increases to 800IU (20mcg). Photo Courtesy: katleho Seisa/E+/Getty Images If you have a pre-existing medical condition or other medical concerns, it’s best to talk to a healthcare professional about determining your recommended dietary allowance for vitamin D. This way, you can be sure the vitamin doesn’t interact negatively with your condition or medication. Resource Links: 20D%20deficiency.pdf MORE FROM SYMPTOMFIND.COM If you are looking for a great name for your baby that involves the letter D as the first letter - look no further. This list of baby names for girls and boys will help you find the perfect name. There are affiliate links in this post, meaning, at no additional cost to you, I will be compensated if you click through and take action. For full disclosure click here. Find other names starting with: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z Girl names starting with D DeiliahDaisyDemiDanielleDaliaDesireeDorothyDahliaDeniseDanicaDulceDavinaDianaDeannaDonnaDeborahDaliyahDoryDashaDestinyDariannaDebraDarlynDiaDeenaDonelleDionneDolaDeneyDitaDacieDarahDieallaDreaDoreenDolliDeoraDylanaDelissaDremaDuanaDarylinDelorisDonetteDoshaDagmarDanaDorenaDeniseDede This may also be interesting:- Most popular Baby names- Unique names for girls- Unique names for boys- Gender neutral names Make sure to get the perfect decoration for the nursery with Letter wall decoration. You can use one letter or multiple for the full name. Boy names starting with D DavidDanielDaxtonDamienDeanDominicDiegoDawsonDaltonDenverDrakeDaxDerrickDukeDavisDennisDariusDarrenBamonDouglasDashDilanDestinDavonDeniloDeAngelDevanteDeveDonavonDomDemetriDeeganDaylinDominigoDixonDelaniDemarDysonDamariusDashawnDaymondDoverDasanDerrellDekotaDonaldDicksonDenzilDustynDom Here are your search results for Baby Names starting with D. Click on a name to find the name meaning, popularity, origin and other useful information. Want to filter these results? Try the Advanced Name Search Photo Courtesy: Michael Godek/Getty Images Are you getting enough sun? In many parts of the world, that might prove difficult during the winter months — and it can impact more than your sunny disposition.When exposed to sunshine, our bodies produce vitamin D, something our bodies need to maintain healthy bones and teeth; support our immune and cardiovascular systems; and stave off certain diseases, like type 1 diabetes. Some reports suggest that roughly three-quarters of American teens and adults might not be getting enough vitamin D. So, how can you turn that number around? How Much Vitamin D Do We Need and Where Can We Find It? The National Institutes of Health (NIH) makes recommendations for what one’s daily intake of vitamin D should be based on age, gender and other factors. The recommendations, in micrograms (mcg), can be summarized as follows: Photo Courtesy: Sean Gladwell/Getty Images Infants (up to 12 months): 10 mcg dailyChildren (1 to 13 years): 15 mcg dailyTeens (14 to 18 years): 15 mcg dailyAdults (19 to 50 years): 15 mcg dailyOlder adults (51 to 70 years): 15 mcg dailySeniors (70+ years): 20 mcg daily So, how can you supplement your vitamin D intake if all that basking in the sun isn’t cutting it? Thanks to the Dietary Guidelines for Americans, we’ve rounded up 10 healthy foods that can help you reach those daily vitamin D goals. Salmon Salmon comes in quite a few different varieties — canned sockeye salmon, smoked chinook salmon, canned pink salmon, cooked sockeye salmon, cooked pink salmon and even cooked wild coho salmon — and all of them are chock-full of vitamin D. All of these options will help you hit your goals. After all, a three-ounce serving of canned sockeye salmon contains 17.9 mcg of vitamin D, while a three-ounce portion of cooked sockeye salmon contains 11.1 mcg of vitamin D. Photo Courtesy: Justin Ong/Getty Images Smoked Whitefish Want to change up that salmon intake? Whitefish can help with that. While whitefish are a species of fish, the term also refers to a cluster of types of fish, all of which have a mild, slightly sweet flavor. Some of the most popular “whitefish” include pollock, bass, cod, halibut, grouper and haddock. On average, a standard three-ounce serving of smoked whitefish contains an impressive 10.8 mcg of vitamin D. Photo Courtesy: Bohemian Nomad Picturemakers/Getty Images Swordfish If you’re looking for a terrific source of vitamin D, and to break up all that whitefish and salmon, try swordfish. These creatures can grow to be a whopping 1,400 pounds — and nearly 15-feet in length. While you wouldn’t want to tangle with one of these in the ocean, encountering it as a nice, grilled steak is a treat. Best of all, a three-ounce portion will provide you with 14.1 mcg of vitamin D. Photo Courtesy: Shawn Miller/Getty Images Tilapia Tilapia is a cluster of fish species that aren’t found in nature. That is, tilapia is a farmed fish, which makes it pretty inexpensive. This mild species is the fourth most common type of seafood eaten by Americans, in part because of its versatility. We recommend a nice herb-and-parmesan crust, but, any way you slice it (or season it), a three-ounce portion will provide you with 3.1 mcg of vitamin D. Photo Courtesy: Mike Kemp/Getty Images Canned Tuna Not into canned food? Well, canned fish should probably be your exception. In fact, canned tuna, in addition to being readily available and inexpensive, can make an abundance of tasty meals, from tuna salad and melts to casseroles. Best of all, a three-ounce serving of light tuna canned in oil contains about 5.7 mcg of vitamin D. Photo Courtesy: LauriPatterson/Getty Images Mushrooms The five fish options we’ve listed above might not have surprised you, but this one might. Many varieties of mushrooms — including portabella, cremini, morels, chanterelles, maitake, and even your basic white button mushrooms — are excellent sources of vitamin D. In fact, half a cup of grilled portabella mushrooms delivers an impressive 7.9 mcg of vitamin D. Photo Courtesy: Robert Lowdon/Getty Images Eggs Eggs — and, in particular, egg yolks — are one of the easiest, cheapest and quickest ways to nab some vitamin D. However, they may not be the food of choice for folks with high cholesterol. If your diet allows, whip up two scrambled eggs and enjoy getting 5% of your recommended daily intake of vitamin D first thing in the morning. Photo Courtesy: valentirussanov/Getty Images Milk Milk is more than just a great source of calcium. In fact, vitamin D is among its significant nutritional benefits. When it comes to a 16-ounce serving of cow’s milk, the vitamin D content varies based on the milk’s composition. For example, whole milk contains 6.3 mcg of vitamin D, while 2%, 1% and skim milk all contain 5.9 mcg. Even soy and dehydrated (powdered) milk will help you reach your goals by providing 5.8 mcg and 3.4 mcg of vitamin D respectively. Photo Courtesy: JW LTD/Getty Images Yogurt Milk is not the only dairy product capable of delivering some serious vitamin D benefits. Of course, the nutritional value of yogurt changes depending upon the variety. For example, Greek-style yogurt contains more protein and less sugar than other types of yogurt. Nonetheless, you can still expect anywhere from 2 to 3 mcg of vitamin D per eight-ounce serving, regardless of the variety of yogurt. Photo Courtesy: Westend61/Getty Images Pork So far, you’ve seen lots of fish and dairy options. You might be wondering, Where’s the meat? Well, generally speaking, beef and chicken are not great sources of vitamin D. In fact, if you’re a meat lover in search of some vitamin D, pork is your best bet. The nutritional value of pork varies depending upon the cut, method of preparation and more, but you’re likely to find between 0.2 to 2.2 mcg of vitamin D in a standard three-ounce serving of pork. Photo Courtesy: EasyBuy4u/Getty Images Resource Links: MORE FROM SYMPTOMFIND.COM

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