

Cloudy with a Chance of Vitamin D

With 64 Percent More Vitamin D, Eggs are a Natural Way to get this Important Sunshine Vitamin during Winter Months

Park Ridge, Ill. (January 14, 2013) – For much of the country, winter brings the year’s coldest temperatures, shortest days and least amount of sunshine – the body’s chief source of vitamin D. The dark winter days make it increasingly difficult for most Americans to meet their vitamin D needs, especially for those living in the [cloudiest cities](#) in the country.

From New York to Oregon and beyond, if you find yourself in one of America’s cloudiest cities or experiencing an especially wintry season, get more of the sunshine vitamin by eating all-natural foods, like eggs, which are one of the few foods that naturally contain vitamin D. In fact, the USDA recently reviewed egg nutrient data and results showed that one large egg contains 41 IU of vitamin D, 64 percent higher than before.¹

“Vitamin D is a nutrient that should not be overlooked,” says Neva Cochran, MS, RD, LD. “In addition to working with calcium to help form and maintain strong, healthy bones, vitamin D works with calcium to prevent the development of osteoporosis in older adults. At 15 cents apiece, eggs are an easy, all-natural and inexpensive way to boost your vitamin D intake. Other food sources that contain vitamin D include fortified milk, mushrooms and fish.”

The Sunshine Vitamin Boost

A recent report from [Sperling’s Best Places](#) identified the cloudiest cities in the United States such as Syracuse, NY; Cleveland, OH and Seattle, WA. According to Sperling’s Best Places research, people living in the cloudiest cities in the U.S. experience at least 200 overcast days each year, with 55 percent of the day being mostly overcast, making vitamin D even more important for people living in these places. Eating just one egg provides at least 10 percent of the Recommended Daily Allowance (RDA) of vitamin D.

Furthermore, eggs are an easy and versatile way to get that high-quality protein to help get through the day along with vitamin D. Cochran suggests a few quick and easy egg recipes to give you an extra boost of vitamin D this winter season:

- [Scrambled Eggs, Tomato, Mozzarella, & Basil Sandwich](#)
- [Apple-Cinnamon Oatmeal with an Egg Boost](#)
- [Cherry Tomato and Portobello Omelet](#)

Get more egg recipes and nutrition information by “Liking” the Incredible Edible Egg on [Facebook](#), following [@IncredibleEggs](#) on Twitter, or visiting the [Pinterest](#) page.

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About the American Egg Board (AEB)

AEB is the U.S. egg producer's link to the consumer in communicating the value of the incredible edible egg™ and is funded from a national legislative checkoff on all egg production from companies with greater than 75,000 layers, in the continental United States. The board consists of 18 members and 18 alternates from all regions of the country who are appointed by the Secretary of Agriculture. The AEB staff carries out the programs under the board direction. AEB is located in Park Ridge, Ill. Visit www.IncredibleEgg.org for more information.