

# Vitamin D prevents falls and injuries. Are you getting enough?



## To help you stay on your feet:

- Eat foods that are high in Vitamin D like salmon, tuna and eggs
- Choose drinks that have Vitamin D added like milk, rice and soy drinks
- Take a supplement of at least 1000 IU of Vitamin D daily

To learn more about how you can prevent a fall  
[www.preventfalls.ca](http://www.preventfalls.ca)



Winnipeg Regional  
Health Authority  
Caring for Health

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