

The researchers suggest that vitamin D might help regulate the immune system and perhaps help prevent diseases, such as AMD, that are linked to inflammation. The top food sources of vitamin D in the study were milk, fish, fortified margarine and fortified cereal.

most vitamin D had a 59 percent decreased risk of developing it compared with women who consumed the least.

Bottom line. This is the second study to find that vitamin D might help protect against AMD, the researchers said, but more research is needed. Meanwhile, the U.S. Centers for Disease Control and Prevention has just released national data on vitamin D status in the U.S. population, which found that 9 percent to 28 percent of females were at risk of vitamin D inadequacy and up to 12 percent were at risk of vitamin D deficiency.

Read more about good dietary sources of vitamin D sources of vitamin D. And if you decide to take vitamin D supplements, choose one labeled "USP Verified," which indicates that it meets standards for purity and potency set by the U.S. Pharmacopeia, a nongovernmental authority, and have what the USP considers acceptable limits of contaminants. For a list of products that have been verified by the USP, go to www.uspverified.org.

Sources

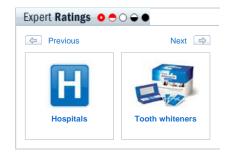
Vitamin D Status and Early Age-Related Macular Degeneration in Postmenopausal Women [Archives of Ophthalmology]

Vitamin D Status: United States, 2001-2006 [CDC]

—Doug Podolsky

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