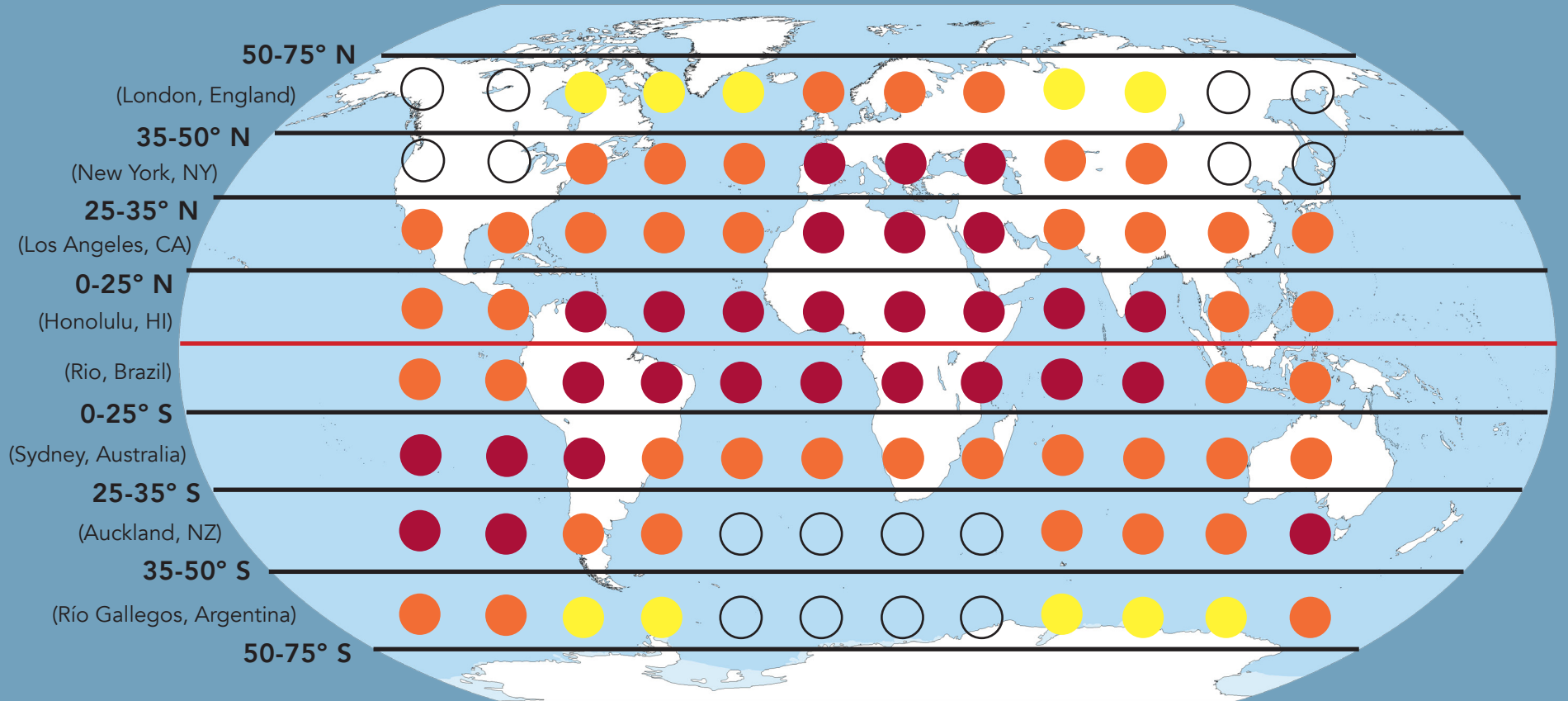


SUNSHINE CALENDAR

JAN FEB MAR APR MAY JUNE JULY AUG SEPT OCT NOV DEC



KEY

- Intense Sunshine**
time needed to produce sufficient vitamin D:
10 minutes (light-skinned), **45 minutes** (dark-skinned)
- Moderate Sunshine**
time needed to produce sufficient vitamin D:
20 minutes (light-skinned), **60 minutes** (dark-skinned)
- Low Sunshine**
time needed to produce sufficient vitamin D:
30 minutes (light-skinned), **90 minutes** (dark-skinned)
- None**
not enough sunshine for adequate amounts of vitamin D

GETTING VITAMIN D? LOOK AT YOUR SHADOW!

- ✓ shadow is shorter than you are tall, UV index is above 3
- ✗ shadow is longer than you are tall