

# Vitamin D and its health benefits

Best known as the 'sunshine' vitamin, Vitamin D is important for bone health. This vitamin helps to increase our ability to absorb and retain calcium from our diets, contributing to stronger bones. Insufficient levels of Vitamin D has been shown to lead

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## Carbohydrates get a bad rap

"Carbs make you fat". "Carbs are unhealthy". "Too much carbs raise your blood sugar". Carbs get a bad rap and oftentimes unfairly so. What's the evidence behind these claims?