

## Calculate the Recommended Amount of Sun Exposure

Scientists at the Norwegian Institute for Air Research have devised a calculator at [nadir.nilu.no/~olaeng/fastrt/VitD-ez\\_quartMED.html](http://nadir.nilu.no/~olaeng/fastrt/VitD-ez_quartMED.html) that will estimate how many minutes of exposure you need for your skin to produce 25 mcg (the equivalent of 1,000 International Units) of vitamin D. It is not written for US cities so you'll need to visit [www.realestate3d.com/gps/latlong.htm](http://www.realestate3d.com/gps/latlong.htm) to find the latitude and longitude and enter the numbers manually. The easiest way may be to simply Google "altitude of [your town]". Remember to convert it to kilometers. One kilometer is about 3300 feet.

If your latitude is 39 S, enter -39. If your longitude is 76 W, enter -76. You'll also need to enter the time of day you are going out in the sun, expressed as UTC (Greenwich Mean Time). You can convert your time into Greenwich Mean Time by going to [www.timeanddate.com/worldclock/converter.html](http://www.timeanddate.com/worldclock/converter.html). The calculator uses a 24 hour clock, so hours from 1 PM to midnight are expressed as 13 to 24.

The calculator also wants to know the thickness of the ozone layer. I suggest just setting this one to medium. Be sure to click the radio button next to the entries. They are often not automatically selected when you fill in the values. Keep in mind that the exposure times given are considered enough to *maintain* healthy vitamin D status. If you are starting out with a vitamin D deficiency, you might need more.

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