

ABC: VITAMIN D!



THE SUNSHINE VITAMIN INTRODUCING VITAMIN D



Let's find out more!

Vitamin D helps keep our bones, teeth, and muscles strong and healthy. As well as supporting our immune function to stay well.

Everyone needs 10ug a day. It is recommended to supplement during the winter months as we are indoors more often and have less exposure to sunlight.

Sunlight can help your skin make vitamin D. We need 15 to 30 minutes of exposure a day, on uncovered skin and without sunscreen, during the summer months. Just be careful not to burn!

Food sources include oily fish, eggs, red meat, fortified breakfast cereals, and fortified dairy or dairy alternative products. Fortified means added too!

Deficiencies in this vitamin may lead to soft and brittle bones, influencing children's growth and development. Too much may lead to vomiting, weakness and a frequent need to urinate, and hypercalcaemia.

As a summary, 10ug everyday. This can be achieved through food, sunlight exposure, and supplements. If concerned, speak to a registered health professional. .