

VITAMIN D



The Chief Medical Officer for Health UK recommends that children and adults should take a daily supplement containing 10 µg a day of vitamin D, especially during winter months.

Vitamin D helps develop and to keep bones, teeth, muscles and the immune system healthy. This is especially important for pregnant mums, breast fed infants, young children and older people but is still very important for teenagers and adults alike.

Vitamin D is the sunshine vitamin. On average 20 mins of sunshine every single day – not easy for most of the year.

Good sources of vitamin D are

- oily fish – such as salmon, sardines, herring, mackerel and fresh tuna.
- red meat.
- liver.
- egg yolks.
- fortified foods – such as most margarines and some breakfast cereals

However you would have to eat lots and lots of these food to get all the Vitamin D you need.

Pharmacies and supermarkets sell vitamin D and health centres can sell NHS Healthy Start vitamins (recommended). These are free if you are on certain benefits and register for healthy start vouchers and at cost for everyone else (low price and in the correct dose).

Talk to your school nurse if you need help.