

VITAMIN D FOOD FACTS

What is vitamin D?

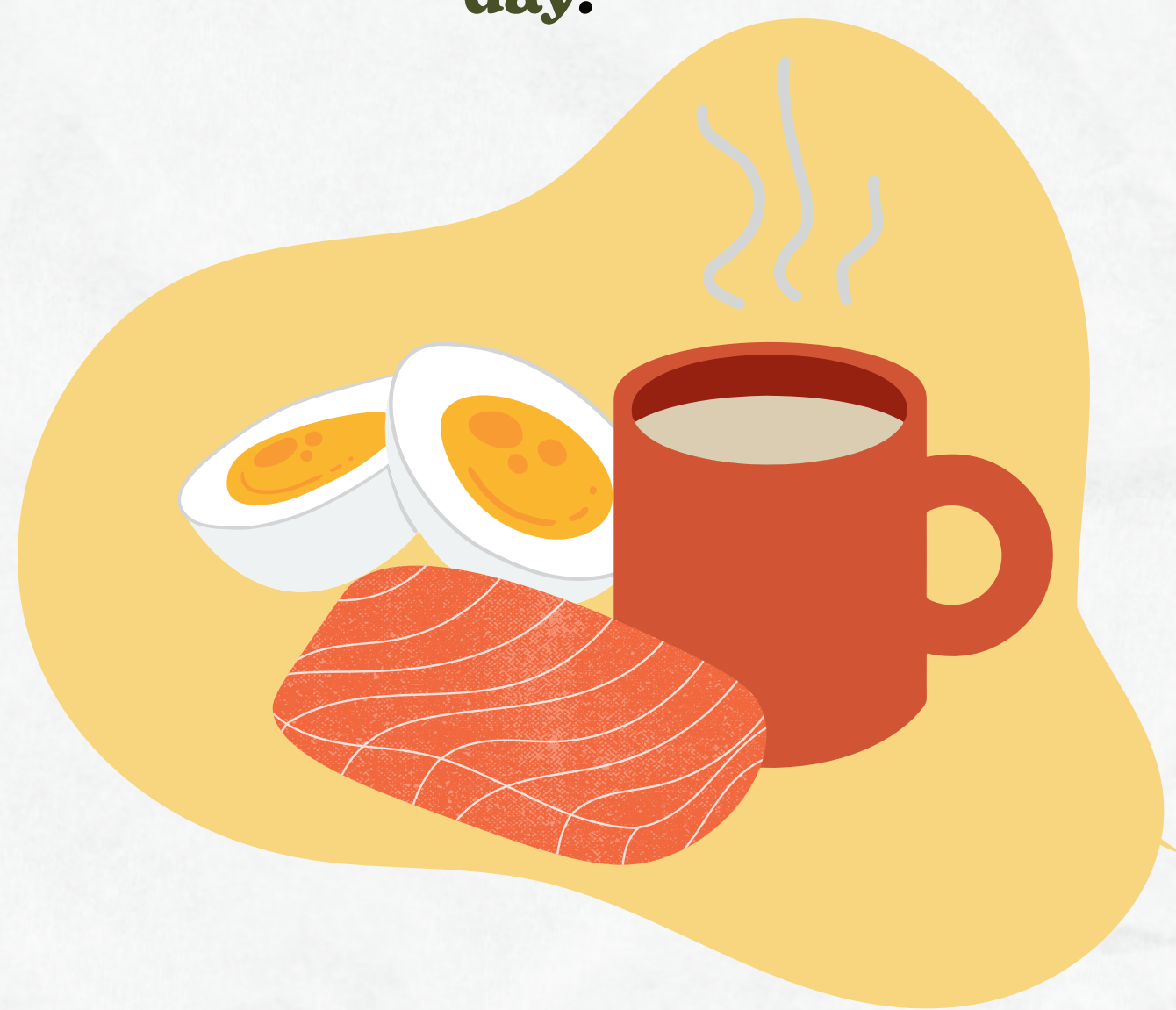
Vitamin D helps the body absorb calcium from our food in the small intestine. We can make vitamin D from UV light (sunlight) when it reacts with our skin.



From March/April to September, most people with daily sun exposure will be able to synthesise the required 10µg per day by exposing their arms or face for 10 minutes between 11 a.m. and 3 p.m.

The RDA for Vitamin D for females aged 18+ is 10µg per day.

Source of vitamin D	Quantity	Calcium
Grilled herring	1 portion (119g)	20µg
Salmon tinned/grilled	1 small can (100g)/ 1 portion (170g)	12-13µg
Some malted hot drinks (check label)	1 mug (25g)	12-13µg
Eggs	2 (120g)	12-13µg
Soya milk (fortified)	1 glass (200ml)	1-2µg
Cereal (fortified)	1 portion (30g)	1-2µg



In the UK, there is limited sun exposure and a lack of vitamin D from food therefore it is recommended to supplement 10µg p/day from October to February/March. Individuals with little to no sun exposure, as well as those of African, African-Caribbean, or South Asian descent, may require supplements all year round. Please speak your GP or a registered dietitian before starting any supplement.