

Vitamin D

Are you getting enough?

Vitamin D is essential for strong, healthy bones throughout life

Everyone age 5 years and above should take a daily supplement containing 10 micrograms (μg) of vitamin D especially during the autumn and winter months.

THE FOLLOWING PEOPLE ARE AT HIGHER RISK OF BECOMING DEFICIENT IN VITAMIN D AND SHOULD TAKE A DAILY 10 μg VITAMIN D SUPPLEMENT ALL YEAR ROUND



Pregnant and breastfeeding women



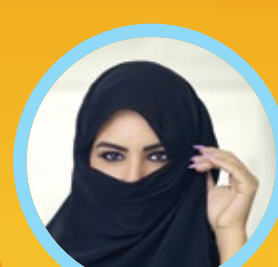
Children age 1-4 yrs



People over 65 yrs



People with darker skin



People who cover their skin for cultural reasons



People who spend little time outside

All babies from 6 months to a year old should be given a daily supplement of 8.5-10 μg vitamin D unless they have more than 500mls of fortified formula milk each day.

Facts



Vitamin D is often referred to as the sunshine vitamin.

Your body makes vitamin D when you expose your skin to the sun.



VITAMIN D DEFICIENCY CAN LEAD TO SOFT BONES AND WEAKENED MUSCLES

It is difficult to get enough vitamin D from food alone. You can help your body get more by eating vitamin D rich foods.

Oily fish tinned & fresh



Red meat



Eggs



Fortified foods such as breakfast cereals, margarines & spreads



Where Can I Get Vitamin D Supplements?

Vitamin D Supplements are available to buy from high street pharmacies, some health food stores and also major supermarkets.

ASK YOUR GP, PHARMACIST OR HEALTH VISITOR FOR MORE INFORMATION



Free vitamin supplements are available to women and children from families who qualify for Healthy Start.

Find out if you qualify at www.healthystart.co.uk

ALL PREGNANT WOMEN IN SCOTLAND WILL BE ENTITLED TO FREE VITAMINS CONTAINING THE RECOMMENDED DOSE OF VITAMIN D FROM SPRING 2017



For more information

Go to: www.nhsforthvalley.com/healthpromotion

Choose: Nutrition Then: Maternal, Infant and Early Years Nutrition

