

The Sunshine Vitamin – Vitamin D

Vitamin D works with calcium and phosphorus for healthy bones, muscles and teeth. Vitamin D is also important in protecting muscle strength and preventing rickets; rickets can cause permanent deformities to the bone, weaken muscles and affect growth.

It is the sun's ultraviolet rays during spring and summer that allow vitamin D to be made in the body. However strong sun also burns skin, so there needs to be a balance with making vitamin D and being safe in the sun.

During the autumn and winter, we get vitamin D from our body's stores and from food sources such as oily fish, eggs, meat, offal and fortified foods but these are usually insufficient to keep up vitamin D levels. The only way to ensure a healthy vitamin D status at this time of year is to take a supplement.

Recommended daily supplement –

Babies Under 1 year - 8.5 – 10 micrograms (340 - 400 I.U)

This includes breastfed / mixed fed and bottle-fed babies taking less than 500mls formula.

Bottle-fed babies taking 500mls or more do not need a Vitamin D supplement as formula is fortified with Vitamin D

Over 1 year olds, including adults & pregnant women 10 micrograms (400 I.U.)

Vitamin D supplements are widely available to buy as tablets, drops or sprays. Speak to your Pharmacist to choose the right one for you and your family.

For further information speak to your Health Care Professional, or go to:

www.bda.uk.com/foodfacts

www.what0-18.nhs.uk

<https://www.dorsethealthcare.nhs.uk/healthvisiting>

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