

How to get enough Vitamin D

RNI (Reference Nutrient Intake) 10 micrograms.

New advice from Department of Health 21st July 2016

Between late March/early April and September, the majority of people aged 5 years and above will probably obtain sufficient vitamin D from sunlight when they are outdoors, alongside foods that naturally contain or are fortified with vitamin D. As such, they **might choose not to take** a vitamin D supplement during these months.

From October to March everyone over the age of five will need to rely on dietary sources of vitamin D. Since vitamin D is found only in a small number of foods, it might be difficult to get enough from foods that naturally contain vitamin D and/or fortified foods alone. So everyone, **should consider taking** a daily supplement containing 10 micrograms of vitamin D.

People from minority ethnic groups with dark skin such as those of African, African-Caribbean and South Asian origin might not get enough vitamin D from sunlight in summer, so they **should consider taking** a daily supplement.

SUNLIGHT



Get outside between late March and September, which is when the sun's rays produce vitamin D in your skin.

Get sunlight on your face and arms for short periods (about 10 minutes) once or twice a day without sun cream but taking care not to burn.

Ultraviolet rays from the sun produce vitamin D on cloudy days but it can take longer.

Make sure you are outdoors – glass will block the sun's rays.

People with dark skin, such as those of African, African-Caribbean or south Asian origin, will need to spend longer in the sun to produce the same amount of vitamin D as someone with lighter skin

Using sun blocks or high-factor sunscreens will reduce how much vitamin D your skin makes

If you use sun block for medical reasons at all times or your face/hands are covered with clothing, you will need to take vitamin D supplements.

DIET

From October to March you should aim to get 10 micrograms per day from your diet. Here are some foods to help achieve this intake;



Pink Salmon canned and drained, small can 100g = 13.6 micrograms of vitamin D

Grilled Salmon, 170g = 13.3 micrograms of vitamin D

Grilled Kipper fillet 130g = 13.1 mcg of vitamin D

Tinned Sardines, 1 small can 100g = 3.3 micrograms of vitamin D

It is recommended we eat 2 portions of fish per week. Too much should not be consumed because of potential heavy metal content.



Hot malted drink 1 mug 25g = 4.6 micrograms of vitamin D

Fortified soya milk 200ml = 1.6 micrograms of vitamin D

Normal, unfortified milk is not considered a good source of vitamin D.



Fortified spreads 1 teaspoon 5g = 0.6mcg of vitamin D



Pork chop 75g excluding bone = 0.6 micrograms of vitamin D

Pork sausage 40g = 0.4 micrograms of vitamin D

2 bacon rashers 80g = 0.6 micrograms of vitamin D

**Limit processed meat and liver to once per week*



2 Scrambled eggs = 3.3 micrograms of vitamin D

1 boiled egg = 1.6 micrograms of vitamin D



Fortified corn flakes or bran flakes 30g bowl = 1.4mcg of vitamin D

SUPPLEMENTATION



Vitamin D supplementation of 10 micrograms per day should be considered for;

Anyone with dark skin such as those of African, African-Caribbean and South Asian origin might not get enough vitamin D from sunlight in summer so they **should consider taking** a daily supplement containing.

Anyone who does not get outside enough between the months of March to September or who wears clothes that do not allow sufficient sunlight onto the skin, or those who have to wear sunblock at all times.

Anyone who cannot/doesn't eat a diet rich enough in vitamin D.

Do not take higher amounts of vitamin D without consulting your GP. Some medical conditions may prevent people from taking certain levels of vitamin D, if you are concerned speak to your GP.