

Vitamin D: Are you getting yours?

We might live in the 'sunburnt country,' but growing evidence suggests a significant number of Australians, particularly people who reside in nursing homes and those who cover themselves up due to religious beliefs, suffer from a deficiency of vitamin D, the 'sunshine vitamin.'

Vitamin D helps the body absorb calcium into the small intestine, as well as playing the vital role of supporting the immune system.

- Adults aged 18–50 years need 5µg of vitamin D daily,
- Adults 50–70 years require double this (10µg),
- 70+ years need three times more (15µg).

To make sure you get your recommended amount, get 15 minutes of sensible sunlight everyday and eat the following foods:

FOOD	TOTAL IODINE
115g baked cod	0.3 micrograms
2 large eggs	0.8 micrograms
2 teaspoons table spread	1.0 microgram
250ml vitamin D fortified milk	1.3 micrograms
115g baked salmon	2.1 micrograms

