



Good sources of vitamin D

From about late March/early April to the end of September, most people should be able to get all the vitamin D they need from sunlight. The body creates vitamin D from direct sunlight on the skin when outdoors. But between October and early March we don't get enough vitamin D from sunlight.

Vitamin D is also found in a small number of foods. Sources include:

- oily fish – such as salmon, sardines, herring and mackerel
- red meat
- liver
- egg yolks
- fortified foods – such as most fat spreads and some breakfast cereals
- Another source of vitamin D is dietary supplements.

Advice for adults and children over 5 years old

During the autumn and winter, you need to get vitamin D from your diet because the sun isn't strong enough for the body to make vitamin D. But since it's difficult for people to get enough vitamin D from food alone, everyone (including pregnant and breastfeeding women) should consider taking a daily supplement containing 10 micrograms of vitamin D during the autumn and winter.

People at risk of vitamin D deficiency

Some people won't get enough vitamin D from sunlight because they have very little or no sunshine exposure. The Department of Health recommends that you take a daily supplement containing 10 micrograms of vitamin D throughout the year if you:

- aren't often outdoors – for example, if you're frail or housebound
- are in an institution like a care home
- usually wear clothes that cover up most of your skin when outdoors
- If you have dark skin – for example you have an African, African-Caribbean or south Asian background – you may also not get enough vitamin D from sunlight.

You should consider taking a daily supplement containing 10 micrograms of vitamin D throughout the year.