



# Nutrition fact sheet



## Vitamin D

### What is Vitamin D?

Vitamin D is also known as the sunshine vitamin because we get most of the Vitamin D we need from the sun's rays.

Vitamin D helps us to regulate the amount of calcium and phosphate in our bodies. This is important to keep bones, teeth and muscles healthy.

A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called osteomalacia in adults.

### Where do we get it from?

The body creates vitamin D from direct sunlight on the skin when we're outdoors. That means between April and September, most people will get enough Vitamin D from sunlight. But between October and March, we are more likely to be at risk of not getting enough Vitamin D as we don't get as

much sun during these months. This is when it's important to have good sources of Vitamin D in our diet.

### Good sources of Vitamin D are:

- Red meat like beef or pork! Look out for a roast beef dinner, meatballs or spaghetti bolognese
- Egg yolks. Make breakfast more interesting and have some scrambled eggs on your toast
- Oily fish like salmon. Try salmon fishcakes or fish pie.
- Fortified foods like breakfast cereals.

Take a look at your school lunch menu and think about which dishes will help you to boost your Vitamin D levels!

