



## Vitamin D



Vitamin D is needed to keep our bones strong and protect against fractures. Vitamin D also helps keep our muscles working and protect against falls.

Vitamin D comes from the sun and some foods. It is important to get enough Vitamin D, every day especially as we get older.

As you get older, it is harder for your body to absorb enough Vitamin D from the sun and food, so it is important that you see your Doctor to get your Vitamin D level checked.

### **How much Vitamin D do we need?**

After the age of 65, we need 600IU every day.

### **Where do we get Vitamin D from?**

The best source of Vitamin D is the sun.

Spending 10 mins in the sun in summer and 30 minutes in the sun in winter with your hands, face and arms exposed is recommended.

If you do not spend time everyday in the sun or wear clothing that covers up your body, then it is advised to get your Vitamin D levels checked by your GP.

The foods that have Vitamin D are:

500mL Anlene Milk (added Vitamin D)	400IU
175g Cal-tivate Yoghurt	44IU
2TBSP Margarine-	200IU
100g salmon	400IU
300g mackeral	350IU
1 small tin tuna (95g)	170IU
50g Sardines	200IU
1 egg	25IU
80g cooked liver	40IU