

Vitamin D:

Why do I need Vitamin D?

- Vitamin D helps you to absorb enough calcium for healthy bones and teeth.
- Even if you have enough calcium in your diet, without enough vitamin D you cannot absorb calcium properly.
- Vitamin D helps to maintain a healthy immune system.

Without vitamin D...



With vitamin D...



Where do I get Vitamin D?

- **Sunshine:** Vitamin D is made by the skin when you are outside in sunlight.
- **Foods:** Very few foods contain vitamin D naturally and even a healthy diet is unlikely to provide enough vitamin D.
- **Supplements:** Available from health stores, chemists & supermarkets if you think you are not getting enough from sun and food.

How much vitamin D do I need?

The Guideline Daily Amount is 400 IU or 10ug per day, but if your blood level is low you may be given a higher dose by your doctor.

Skin Type	Caucasian	Mediterranean	Asian	African / Afro-Caribbean
Time in direct sunlight 11-2pm between April-September	5 - 20 minutes	30 minutes	20 minutes	30 - 60 minutes

- This will supply enough vitamin D to last through the winter.
- You need to be in direct sunlight most days not in the shade or behind glass windows with arms and face exposed.
- After the 20 minutes it is advisable to use sunscreen SPF15 or cover up to reduce the risk of skin cancer.



Which Foods contains Vitamin D?



- Oily fish like salmon, sardines, herring, mackerel, pilchards, trout and kippers are the main sources of vitamin D.
- Eggs and meats contain small amounts.
- Some foods are fortified with added vitamin D, such as margarine, some breakfast cereals and infant formula.
- Always check the label.























Calcium:

Why do I need Calcium?

- Calcium plays helps to keep your bones and teeth healthy and strong
- Calcium is responsible for a range of important functions that regulate muscle contraction, heart beat, blood clotting and functioning of the nervous system.

How Much Calcium?

Aim for 1000mg day by having 4 portions of calcium rich foods:

What is 1 portion?	What is ½ portion?
<ul style="list-style-type: none">• Glass of Semi-skimmed / Skimmed Milk (200ml) 	<ul style="list-style-type: none">• 40g sesame seeds 
<ul style="list-style-type: none">• Pot of Low fat yoghurt (150g) 	<ul style="list-style-type: none">• 130g watercress 
<ul style="list-style-type: none">• Matchbox sized Cheddar (35g) 	<ul style="list-style-type: none">• 3 dried figs 
<ul style="list-style-type: none">• ½ tin Sardines in tomato sauce + bones (60g) 	<ul style="list-style-type: none">• 2 tablespoons tahini 
<ul style="list-style-type: none">• 50g of Tofu 	<ul style="list-style-type: none">• ½ cup rice pudding 
<ul style="list-style-type: none">• Large Glass Fortified Soya or Rice milk (240ml) 	<ul style="list-style-type: none">• 1 serving Horlicks Light (32g) 
<ul style="list-style-type: none">• Small bowl of Ready Brek 	<ul style="list-style-type: none">• Small pot of Rice pudding 
<ul style="list-style-type: none">• Large Pizza slice 	<ul style="list-style-type: none">• Cheese spread triangle 
	<ul style="list-style-type: none">• 2 scoops plain dairy ice cream 
	<ul style="list-style-type: none">• 1 serving of custard (120g) 
	<ul style="list-style-type: none">• Serving of boiled spinach 
	<ul style="list-style-type: none">• 1 cheese string 

Please ask the Dietitian if you would like any further advice or have any questions