# Vitamin D:

#### Why do I need Vitamin DP

- 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.



#### Where do I get Vitamin DP

- 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.

### Tow 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 DP



- 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.



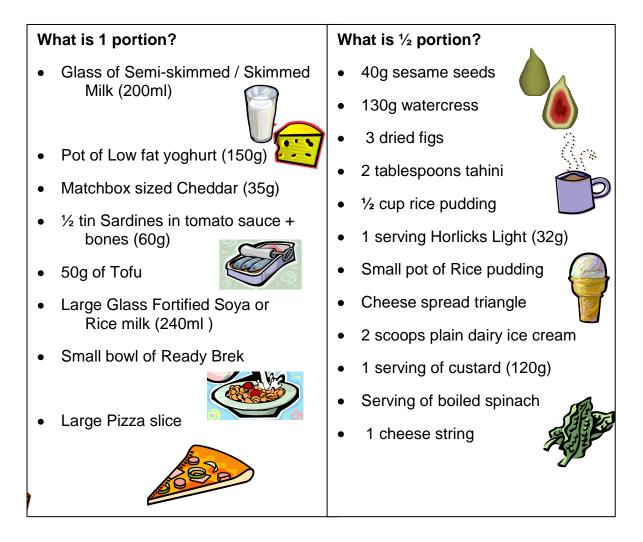
# Calcium:

### Why do I need Calefum?

- 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 Calefum**

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



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

