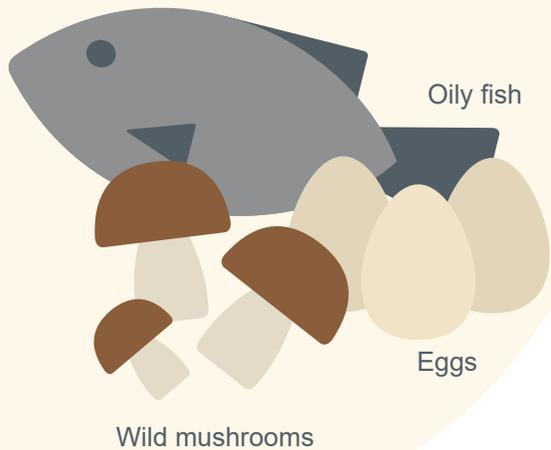


## What breakfast foods contain vitamin D ?



There are also some foods that have added vitamin D, for example, fortified cereal and low fat spreads.



“  
Research shows that  
Vitamin D intake is higher  
amongst people who eat  
breakfast ”

(Ayuso et al., 2017)

## Vitamin

# D

### Do most people get enough vitamin D?

**20%** of us do not get enough vitamin D!

### What happens if I do not get enough?

Vitamin D has a very important job – it aids the absorption of calcium and phosphorus which help us to develop strong bones, teeth and muscles. It also boosts our immune system.

It is important to both eat foods that contain vitamin D, and to get outside in the sun to top up your vitamin D levels.

### Test your knowledge with our mini quiz

1. Vitamin D is the only vitamin the body can make itself?
2. Sweets are a good source of vitamin D?
3. Vitamin D deficiency is rare in the UK?
4. Breakfast cereal can be a source of vitamin D?
5. Our bones are renewed all the time?

### Answers

1. **False.** It is made by the body but so is vitamin K and vitamin B3.
2. **False.** Eggs, mushrooms, fish and fortified foods such as some cereals contain vitamin D, but sweets do not!
3. **False.** It is thought that 20% of us may not have enough vitamin D in our bodies. This figure is even higher for teenage girls aged 11-18 where 39% are thought to have low vitamin D (Roberts et al., 2018). In the 1930s up to 80% of children did not have enough vitamin D, so things have improved. We now fortify breakfast cereals and fat spreads.
4. **True.** For example, one portion of breakfast cereal with milk can contain around a quarter of your recommended daily portion of vitamin D, and one omelet could contain all your vitamin D! An average 25% of our daily vitamin D comes from our breakfast (Gaal et al., 2018).
5. **True.** This is why calcium and vitamin D are important for everyone at every age. Did you know your peak bone mass is reached at age 18-19?