Vitamin D

Vitamins keep your body healthy

There are lots of different kinds of Vitamins

Each one helps in different ways

Vitamins can be found in:-

- the food that you eat
- the sunshine
- Vitamin Tablets
Vitamin D is important. It keeps your bones strong & healthy.

Vitamin D can be found in food you eat.

It can be found in:-

• Oily Fish

• Eggs

• Meat

• And some cereals, milk and Spreads

You can also get Vitamin D from sunshine.
Some people don’t have enough Vitamin D in their body

This can make their bones become softer and break easily

People who may have low levels in their body can be:

- People with darker skin
- People who are 65yrs old or over
- Young children and babies
- Pregnant ladies
If you feel that you would like more help with this, please speak to your Doctor.

He may be able to help by giving you Vitamin D Tablets.

• People who do not get outside in the sun very often

This information has been rated by NHS Fife, Good Information Fife Team