



## NHS Children's Nutrition Team

### Supporting Tameside families during COVID-19

#### Vitamin D

why do we need it?

Healthy bones and teeth

Healthy muscle function

Healthy immune system

#### Vitamin D

Where do we get it from?

Sunshine

Oily fish

(salmon, sardines, herring, mackerel)

Red meat & liver

Egg yolks

Fortified cereals and spreads

All children aged 1-4 should take a supplement.

[www.healthystart.nhs.uk/](http://www.healthystart.nhs.uk/)



\*Formula-fed babies should not be given a vitamin D supplement until they're having less than 500ml (about a pint) of infant formula a day, as infant formula is fortified with vitamin D

What if we don't get enough vitamin D ?

- Children may develop **rickets** causing deformation & weakness of bones
- Adults can develop **osteomalacia** (bone pain & muscle weakness)

**! In the current situation, we may be getting out a lot less than normal, therefore everyone should consider taking a daily vitamin D supplement of 10 micrograms (µg) a day (available in most supermarkets).**

Check out the following for more up to date information  
[www.tameside.gov.uk/healthyeatingandnutrition/kids/budget](http://www.tameside.gov.uk/healthyeatingandnutrition/kids/budget)



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