



HSE NEWS

WORKING FOR YOU TO KEEP YOU SAFE

HSE Advice Note

The Dietary Guidelines advises a healthy diet as one that:

- Emphasizes a variety of fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Milk is fortified with vitamin D, as are many ready-to-eat cereals and some brands of yogurt and orange juice. Cheese naturally contains small amounts of vitamin D.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Fatty fish such as salmon, tuna, and mackerel are very good sources of vitamin D. Small amounts of vitamin D are also found in beef liver and egg yolks.

- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- Vitamin D is added to some margarines.
- Stays within your daily calorie needs

The recommended screening of Vitamin D level of only those individuals who are at high risk for vitamin D deficiency. The daily maintenance dose of vitamin D varies by age, but most children and adults generally require 600-2000 IU of vitamin D daily.

For vitamin D-deficient children and adults, higher doses of vitamin D given either daily or weekly are recommended. After correction of their vitamin D status with oral vitamin D, patients should have a repeat test of their Vitamin D level to confirm that they are in the normal range. If the 2D concentration remains persistently low despite several attempts at correction with oral vitamin D, a trial of UVB light therapy (ie, by tanning lamps) may be considered to improve vitamin D status.

