

Vitamin D for Children



Vitamin D is very important for strong bones, muscles and the immune system. It is used by our bodies to keep our bones strong as we grow.

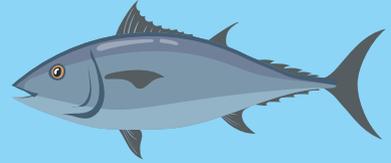


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Foods that help to give us lots of vitamin D are:

- Oily fish, such as sardines, herring, salmon and mackerel
- Red meat such as liver
- Egg yolk
- Breakfast cereals.



Another thing that gives us lots of vitamin D is sunshine.

Playing outside in the sun will help your bones grow strong but make sure you wear a sunhat, sun cream and sunglasses.

In the autumn and winter when there is not as much sun we can take a vitamin D medicine to keep our bones strong.