

# D FOR DEFICIENCY

## The causes:

- Indoor confinement during the day
- Darker skin pigmentation
- Use of sunscreen
- Poor intake of calcium
- Low maternal levels of vitamin D
- Vegetarian diet as vitamin D occurs only in foods of animal origin
- Living at higher altitude

## Preventive measures:

- Direct exposure to sunlight, at least 30 minutes/day
- Good calcium intake (equivalent to 1 litre of milk)
- Artificial fortification of dairy products or infant foods
- Supplementation to lactating mothers
- If on supplements, check for optimum dosage