

Eggs and Vitamin D



Vitamin D is an essential nutrient that helps keep our bones, muscles, and immune system healthy.¹ Many Australians don't get enough vitamin D, despite our sunny climate. Almost 1 in 4 (23%) Australians have mild or moderate vitamin D deficiency. This jumps to more than 1 in 3 (36%) Australians during winter.²

Given vitamin D's wide-ranging role in maintaining overall health, ensuring vitamin D levels are met across the lifespan is extremely important.



THE KEY FACTS



Vitamin D is essential for bone health, muscle function and immune regulation.



Vitamin D **deficiency remains common in Australia**, particularly during winter months.



Dietary intake can contribute to maintaining vitamin D status when sunlight exposure is limited.



Eggs are one of the few **natural food sources of vitamin D**, providing approximately 8.2mg per serve of two (60g) eggs.

Why vitamin D is important

Emerging research suggests vitamin D may play roles in a number of other physiological processes, including pregnancy outcomes, infant development, metabolic health and regulation of inflammatory responses.³ While further research is needed on these effects, there's plenty of existing evidence showcasing vitamin D's role in maintaining good health.

References

- 1 Bouillon R, Marcocci C, Carmeliet G, et al. Skeletal and extraskeletal actions of vitamin D: current evidence and outstanding questions. *Endocrine Reviews*. 2019.
- 2 Australian Bureau of Statistics. *Australian Health Survey: Biomedical Results for Nutrients 2011–12*.
- 3 Pilz S, Zittermann A, Trummer C, et al. Vitamin D testing and treatment: a narrative review of current evidence. *Endocrine Reviews*. 2019.



Benefits of vitamin D include:



Supports bone strength and healthy teeth, as vitamin D aids in calcium and phosphorus absorption



Contributes to muscle function, supporting strength and mobility



Helps regulate immune response

You may be at risk of vitamin D deficiency if you:

- ▶ Receive limited sun exposure
- ▶ Have darker skin pigmentation
- ▶ Live in higher latitudes
- ▶ Have an indoor occupation
- ▶ Are of older age
- ▶ Have a health condition that impacts vitamin D metabolism

Sources of vitamin D

Sunlight remains the primary source of vitamin D for most people. However, dietary intake is a great way to contribute to maintaining your recommended daily intake, particularly when sun exposure is limited.

Natural dietary sources of vitamin D are limited and include:

- ▶ Eggs
- ▶ Oily fish, such as salmon and sardines
- ▶ Some mushrooms
- ▶ Fortified foods, such as some dairy, plant-based milks, and breakfast cereals



A serve of two (60g) eggs provides 82% of the recommended dietary intake in Australia

References

4. Food Standards Australia New Zealand. Australia New Zealand Food Standards Code – Nutrition, Health and Related Claims.