

Vitamin D: The sunshine vitamin

Incorporating this essential
vitamin into your diet.



Vitamin D: Why is it important?

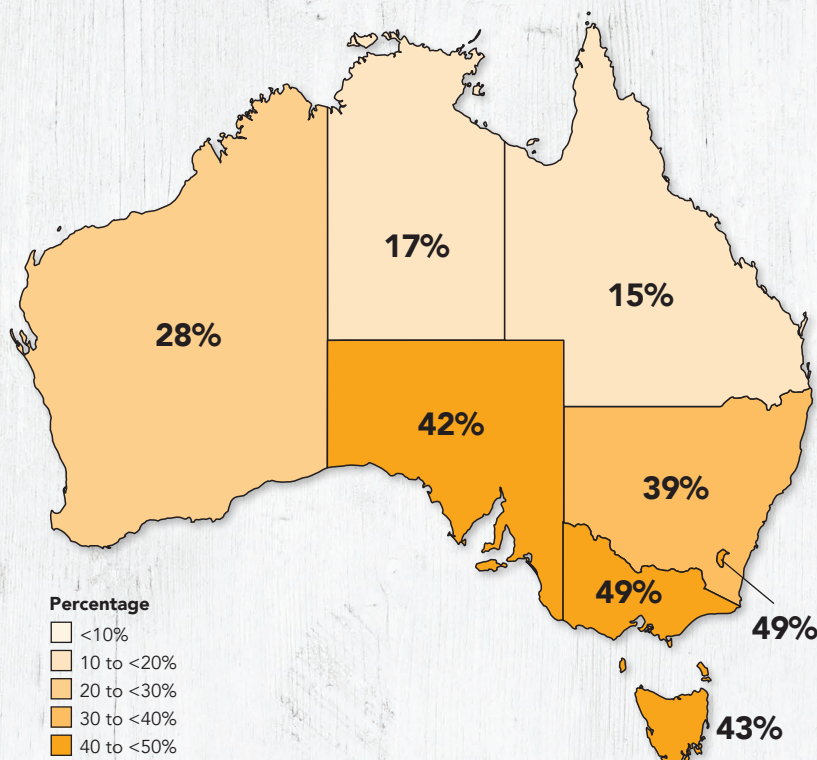
Vitamin D – the sunshine vitamin – plays a crucial role in helping us maintain health.

Ensuring an adequate intake of Vitamin D is essential for:

- Bone development in children and skeletal health in adults
- Calcium and phosphate absorption and metabolism
- Maintaining a strong immune system



Vitamin D deficiency in winter by state and territory, 2011–12



Source: Australian Health Survey: Biomedical Results for Nutrients

Vitamin D: Australia's deficiency

Vitamin D deficiency is becoming increasingly common amongst Australian adults.

Almost a quarter of all Australian adults (23%), live with a mild or moderate Vitamin D deficiency.

These numbers increase in the cooler months, with the prevalence of Vitamin D deficiency increasing to 36% in winter.¹

References

- ¹ Australian Bureau of Statistics (2014) Australian Health Survey: Biomedical Results for Nutrients, 2011-12 [Online]. Available at: <https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/4364.0.55.006Chapter2002011-12> (Accessed: March 2020)



Vitamin D: Where to find it?

The sun is a constant and regular source of Vitamin D. However, lifestyle factors, including longer office hours and changing weather patterns, can have a negative impact on how much and how regularly we receive this essential vitamin.

Dietary choices can be key to maintaining a consistent and adequate Vitamin D intake.

Foods high in Vitamin D or that help with the absorption of Vitamin D include:

- Eggs
- Healthy fat, such as avocado
- Fatty fish, such as salmon
- Mushrooms

In fact, an average serving of two eggs provides 82% of your daily recommended intake of Vitamin D.²

Vitamin D: Supplements vs. the real deal

Dietary supplements, which can include capsules, tablets, powders and gels, are one way to deliver specific nutritional needs. However, supplements can be very expensive and represent an additional cost on top of your usual grocery bill.

In most cases, a well-balanced diet can deliver all the daily vitamins and nutrients required, often, with better absorbency rates and health outcomes. According to Dietitian Sharon Natoli, where possible, it is best to eat a well-balanced diet, with plenty of vegetables, sufficient amounts of fruit, wholegrains, dairy foods or alternatives, healthy fats and protein rich foods, such as eggs, to meet daily nutritional needs.



Baked Eggs

🕒 25 mins 👥 Serves 4

INGREDIENTS

4 eggs
120g baby spinach leaves
100g semi-dried tomatoes, chopped
70g Danish feta cheese, crumbled
2 tbs roughly chopped fresh basil
4 shallots, thinly sliced
1 tbs olive oil
Wholegrain toast, to serve

NUTRITION INFORMATION SERVING SIZE 177g

Average Quantity Per Serving	
Energy	1381kJ (330Cal)
Protein	14.1g
Fat, Total	18.6g
- Saturated	5.0g
Carbohydrate	25.0g
- Sugars	5.0g
Dietary Fibre	6.0g
Sodium	550mg
Vitamin D	4.1µg (41% RDI)

METHOD

1. Preheat the oven to 180°C/160°C fan forced.
2. Lightly spray 4 x 250ml capacity ovenproof ramekins with oil.
3. Place spinach in a heatproof bowl, pour over enough boiling water to cover it, set aside for 10 seconds, then drain. Once cool enough to handle, squeeze out excess water.
4. Combine the spinach, tomatoes, feta, basil and shallots in a medium bowl, divide the mixture evenly between the prepared ramekins, and drizzle each with 1 tsp oil.
5. Place dishes on a baking tray and crack an egg on top of each dish.
6. Cover the ramekins with foil and bake for 15 minutes or until the egg is cooked to your liking. Season with black pepper to taste and serve.



References

2 Australian Eggs (2020) Nutrients and Vitamins in Eggs, [Online]. Available at: <https://www.australianeggs.org.au/nutrition/nutrients-and-vitamins/> (Accessed: March 2020)

