

# Vitamin D & Australia's Deficiency



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

The prevalence of Vitamin D deficiency increases in winter to 36%<sup>2</sup>

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

An average serving of two eggs provides 82% of your daily recommended intake of Vitamin D<sup>1</sup>



## References

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

