

Denmark: Milk to be fortified with Vitamin D?

The Danish Veterinary and Food Administration (DVFA) has for some time been recommending greater fortification of the food supply to boost intakes of vitamin D in order to protect '*...the large populations that rarely get enough of the vital vitamin D through natural means.*'

Traditionally margarine has been the main deliverer of vitamin D fortification in Denmark, but now at least one brand of vitamin D fortified milk has become available for retail sale. The DVFA sees this development as potentially having a positive effect, particularly on '*...special risk groups who do not follow the advice to supplement their diet with vitamin D.*'

Current recommendations are for people to eat between 200 and 300 grams of fish a week and ensure exposure of the face, feet and forearms for 5-30 minutes several times a week during the summer. For those who do not meet these targets, it recommends groups like children, the dark-skinned and pregnant women consume 400IU of vitamin D per day via fortified foods and supplements, with the over 70s and those with a pre-disposition to osteoporosis consuming twice that amount.

Source: DI