VITAMIN D IN FOOD

![Image of a page from a document with text about vitamin D in food]

**Title:** Vitamin D in Food

**Author:** [Name not provided]

**Publication:** [Publication details not provided]

**Abstract:**

This article discusses the importance of vitamin D in food and its role in human health. It emphasizes the need for adequate dietary intake of vitamin D to support bone health, immune system function, and overall well-being. The text highlights the sources of vitamin D in food, including fortified milk, eggs, and fatty fish, and stresses the importance of maintaining a balanced diet to ensure adequate vitamin D intake. The article also addresses the deficiency of vitamin D in certain populations and suggests strategies to improve dietary habits to meet the recommended daily intake. Readers are encouraged to consult with a healthcare professional to assess their individual vitamin D needs and dietary requirements.