



From the desk of Dr Harry

INFANT VITAMIN D CONSUMPTION FOUND TO BE LOW

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The recommended daily vitamin D consumption during the first year is 400 units. Lack of vitamin D has been linked to many diseases including cancer, type 1 diabetes and respiratory problems

This study, [*Adherence to Vitamin D Recommendations Among US Infants*](#), suggests infants consume less than required.

Very few infants were on vitamin D supplements. Exclusively breast fed infants, in particular, were at risk. Artificial formula fed babies less so.

At least in the U.S., it is now recommended that all infants should receive a vitamin D supplement.

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