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Fortyifying bread and milk with Vitamin D could prevent millions of people catching chronic colds and flu, according to a new study. Known as the 'sunshine supplement', Vitamin D is produced naturally by the skin when exposed to sunlight. But in autumn and winter, levels drop, and many of us don't get enough of the vitamin from our diets, as Sejal Karia reports. People enjoying some rare February sun. But us Brits aren't getting enough of its rays to make the right levels of vitamin D in the winter.

Important for healthy bones and teeth. And now it seems it can stave off colds and flu too, according to a new study. So those behind it advise taking supplements, especially children. I think it's about developing an immunity to those viruses, and that's the way I'd do it - I wouldn't want to supplement them particularly with vitamin D artifically. My children don't really like to take any vitamins, so if it had been introduced in foods, that would be easy. Actually, it's already naturally present in some foods. Like oily fish, such as salmon, red meats and eggs. Cereals and some spreads are fortified with it. But researchers behind today's findings say it should also be added to bread and milk so everyone can share the benefits. The current recommendation is that people who require extra vitamin D buy over-the-counter supplements. Personally, I have my doubts about whether the general public can be motivated to do that, so I think the way forward is to adopt a programme of fortification. So what did researchers find?

That 70% of people in the UK get at least one respiratory illness a year - that's cold, flu or even pneumonia. But they found regular Vitamin D supplements could reduce that chance of infection by 12%. Meaning three million fewer people would suffer every year. But some remain unconvinced. What we really need is a very large randomised control study in the UK, in the healthy population. This study doesn't necessarily help us achieve that. While that debate continues, it seems sunshine and supplements are the answer. Sejal Karia, ITV News