**BY**[ZOE FORSEY](http://www.mirror.co.uk/authors/zoe-forsey/)

* 18:21, 16 FEB 2017
* **UPDATED**23:53, 16 FEB 2017

**Which foods contain Vitamin D? The best natural sources for beating deficiency'**

Don't worry - it's not kale

Bottom of Form

We all know we need to eat our vegetables to stay nice and healthy.

And we've all been told to eat lots of oranges to stock up on vitamin C to keep colds away.

This is especially true during the winter months when it can sometimes feel like everyone you meet is "coming down with something".

But the **[The British Medical Journal](http://www.bmj.com/content/356/bmj.i6583)** could have some good news to help us get through winter without relying on Lemsip and Vicks.

Its experts' latest study has found that taking vitamin D supplements could fight against acute respiratory infections - including the common cold, ear infections, bronchitis and pneumonia.

They believe that more than three million people across the UK could stave off infections such as colds or flu every year if everyone took Vitamin D supplements.

Excellent news.

Between April and September the sunlight provides us with pretty much all the vitamin D we need.

But on gloomy days like today, it doesn't take a genius to work out that the majority are not getting our daily fix.

It is actually possible to get some Vitamin D goodness from lots of everyday foods, if you don't fancy swapping to supplements.

According to the NHS, these are five of the best sources:

**1. Red meat**

**2. Egg yolks**

**3. Oily fish - such as salmon, mackerel, sardines and herring**

**4. Fat spreads**

**5. Some breakfast cereals**

In some countries cows' milk is also a good source of vitamin D. However this isn't the case in the UK as out milk isn't fortified.