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Some health experts have suggested fortifying food with vitamin D should be introduced. Scientists claim the vitamin gives bone and muscle health benefits. But they also say that more research is needed to convince them of the link. A steady stream of streaming customers is the norm for a pharmacy in the winter. But new research shows vitamin D could prevent many of the colds

and flu that blight us at this time of year. Did you know that vitamin D could potentially stop you getting coughs and colds? No, I thought it was vitamin C. I did not know that up till now, but now I do. While people were in here, I took the opportunity to show them some of the ways they could get more vitamin D in their diet. In eggs, and in oily fish, it occurs naturally. But also foods have it added like breakfast cereals, some milk and some yoghurt as well. I was keen to know if they'd like more foods to have vitamin D added to them. That would be a good idea, wouldn't it? I think the trend these days is for people to have more sort of natural and not tinkered about with. I possibly do not think it is a good idea to add it to lots of foods. I do have cereal in the morning and I have milk on my cereal, so I am getting some vitamin D. Vitamin D is known as the sunshine vitamin. That is because our bodies make it when the sun gets on our skin,

so if it does prevent coughs and colds, then it explains why more of us get them in the winter, when there is less sunshine around. The researchers say three million of us could prevent illness simply by upping our intake. The headline finding is that we showed a 10% reduction in the risk of acute respiratory infection, that's coughs, colds and flu, with vitamin D in the general population. But among people who have the lowest vitamin D levels to start with, we saw a 50% reduction, IE the risk of cough, cold, flu was reduced by half if you take a vitamin D supplement if you have a low level to start with. But Public Health England says more research is needed to prove the results of the study and won't be recommending it's added to more foods. There are lots of reasons why we may choose to or not choose to add vitamins and minerals, and we already add some things to flour, as part of legislation. Having said that, you wouldn't want to include things that are not needed.

So during the spring and summer, we do not need to take supplements, because 80% of people are already achieving levels of vitamin D that are sufficient for bone health, and that is how we set the recommendation. So whether it is added into the mix is down to the manufacturers - and this baker is not keen. I do not think anything should be added to bread. I think it should be flour, water and salt. I can understand why they would want to do it, but I think it is old fashioned. I think they have not kept up with the times. But as 70% of us get respiratory infections each year, many will try anything to steer clear of the dreaded cold. This is Sky News,