**[Sky News Tonight With Dermot Murnaghan](https://scout.tveyes.com/)**

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Some health experts have suggested fortifying food with Vitamin D after research found that taking a supplement could help stave off colds and flu. Scientists claim that the sunshine vitamin might have benefits beyond good bone and muscle health. But the public health watchdog says more reasearch is needed to convince them of the link. Sky's Becky Johnson has more. 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 liked us at this time of year. Did you know that it could potentially stop you getting colds? I thought it was vitamin C. I did not know that up till now but now I do. I took the opportunity to show them some of the ways they could get more vitamin D

in their diet. Eggs, and in oily fish, that occurs naturally, but also foods have it added like breakfast cereals, milk and some yoghurt as well. I was keen to know if they like more foods to have vitamin D added to them. That would be a good idea when that. I think it is for people to have more natural foods and not tinkered about with. I do not think it is a good idea to add it to lots of food, I do have cereal and milk on my cereal, and the morning so I do have some vitamin D. Our bodies make vitamin D when the sun gets on our skin, so if we do get caught in cold, it explains why we get more in the winter and we do not have sunshine. The headline is that we sought a 10% reduction in cost, colds and flu,

with vitamin D in the general population. But in people who have the lowest vitamin D levels to start with, we saw a 50% reduction, IE the risk was reduced if you have a supplement. But more research is needed to prove the results of the study and will not be recommending it is added to more foods. There are many reasons why we may not add minerals, because we already add some things to flower, as part of legislation, and having said that to make we would not want to include things that are not needed. Soaked generally during 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 health, and that is how we set the recommendation. So whether it is added into the makes is done to manufacturers in this figure is not keen. I do not think anything should be added to bread,

it should be flower, water and salt, I do not understand why they would want to do it, but I think it is bold action and not kept up with the times. As in the present of us get respiratory infections each year, many will try to stay clear of the dreaded cold. But see if there is much sunshine around in the weather forecast.