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Some health experts have suggested

food fortified with vitamin D should be introduced. Scientists claim the vitamin K is bone and muscle health benefits. But they also say that more research is needed to convince them of the link. The vitamin has many bone and muscle health benefits. A steady steam 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. I took the time to show people how to get more vitamin D from their diet. Foods and oily fish have them, some milk and yoghurt as well. I was keen to know if they would like to have more foods with vitamin D added

into them. I think it would be a good idea. I think the trend is for people to have things that are more natural, not tinkered about with. I possibly don't think it's a good idea to add it to lots of foods. I do have cereal in the morning and I have serial on that, so I am getting some vitamin D. It is known as the sunshine vitamin K, because our bodies produce it when sunshine gets on our skin. It explains why we get more coughs and colds in the winter -- vitamin A per one. They say that illnesses could be prevented by opting out in take. We found an acute Loring of coughs and colds in the general population. We saw a 50% reduction in people with the lowest levels of vitamin D. Public health England says more research is needed

to prove the results of the study. They won't be recommending it is 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, coming up...