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Vitamin D fortification of foods and prospective health outcomes

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Highlights

- *Vitamin D deficiency is* associated with the risk of serious health conditions
- Foods naturally contain little vitamin D and main source is exposure to sunlight
- Food fortification with vitamin D is useful for addressing vitamin D deficiency
- Biofortification can be used for the production of vitamin D rich foods
- "Daily D" is proposal for availability of everyday consumed vitamin D-rich foods

Abstract

Vitamin D is essential for bone health and has significant roles in non-skeletal health and organ function. Dermal synthesis through exposure to ultraviolet B light is the major natural source of vitamin D, while only a small portion of the necessary amount can be acquired by a diet without fortified foods. In recent years, vitamin D deficiency as a result of lifestyles with inadequate sun exposure, has received increased attention due to its association with the increased risk of serious chronic diseases. This review summarizes our current understanding of food fortification strategies with vitamin D