Vitamin D
Summary

- Vitamin D is a hormone that controls calcium levels in the blood. It is needed for strong bones, muscles and overall health.
- The sun’s ultraviolet radiation (UV) is the main cause of skin cancer and the best natural source of vitamin D.
- Vitamin D levels change naturally with the seasons. How much UV exposure a person needs depends on the time of year, UV levels, their skin type and their existing vitamin D levels.
- Being physically active outdoors will help make vitamin D.
- The body can only absorb a limited amount of vitamin D at a time. Spending extra time in the sun won’t increase vitamin D levels – but will increase your risk of skin cancer.
- Some people are at increased risk of low vitamin D – this includes people with naturally very dark skin and people who have very low exposure to sunlight.

Vitamin D is important for strong bones, muscles and overall health. Ultraviolet (UV) radiation from the sun is necessary for the production of vitamin D in the skin and is the best natural source of vitamin D.

UV radiation from the sun is also the main cause of skin cancer.

Small amounts of the vitamin D you need can be obtained through food (about 5 – 10 per cent). Fish and eggs naturally have some vitamin D, while margarine and some milks have added vitamin D.

The body can only absorb a limited amount of vitamin D at a time. Spending extra time in the sun will not increase vitamin D levels – but will increase your risk of skin cancer.

Daily exercise also assists with the body’s production of vitamin D.

Health effects of low vitamin D

Vitamin D deficiency does not always have obvious symptoms but without treatment there can be significant health effects. These can include bone and muscle pain, and softening of the bones – such as rickets (in children) and osteomalacia (in adults).

Some people are at greater risk of vitamin D deficiency, including:

- people with naturally very dark skin – this is because the pigment (melanin) in dark skin doesn’t absorb as much UV radiation
- people who avoid the sun due to previous skin cancers, immune suppression or sensitive skin and those people who have limited sun exposure, such as nightshift workers
- people who wear covering clothing or concealing clothing
- people who spend a long time indoors – such as those who are housebound or institutionalised
- people who are obese
- people who have a disability or a disease that affects vitamin D metabolism, such as end stage liver disease, renal disease and fat malabsorption syndromes such as cystic fibrosis, coeliac disease and inflammatory bowel disease
- people who take medication that affects vitamin D metabolism
- breast-fed babies of vitamin D deficient mothers (formula milk is fortified with vitamin D)

If you think you may be at risk of vitamin D deficiency, talk to your GP for advice. Your GP may recommend taking a vitamin D supplement.

Overexposure to UV is never recommended, even for people who have vitamin D deficiency.

Vitamin D and food

There are small amounts of vitamin D in some foods such as fish, eggs and UV-irradiated mushrooms, but it is difficult to obtain enough vitamin D from diet alone. Most people only get five to 10 per cent of their vitamin D from food. Margarine and some types of milk have added vitamin D.

Vitamin D and safe sun exposure

UV levels vary depending on the time of year, and the amount of sun exposure you need varies accordingly.

The ‘daily sun protection times’ indicate when the UV level is forecast to be three or above. During these times, people are recommended to use a combination of sun protection measures (sunscreen, hat, protective clothing, sunglasses and shade).

Check the free SunSmart app or the Bureau of Meteorology website for daily sun protection times for your location.

UV levels in Victoria

As shown in the table below, from mid-August to April, average UV levels in Victoria are three and above for much of the day. This level of UV increases the risk of overexposure and skin damage, and sun protection (clothing, sunscreen, hats, shade and sunglasses) is recommended. Using good sun protection should not put people
at risk of vitamin D deficiency.

From May to mid-August, average UV levels in Victoria are low (below three). During this time, sun protection is not recommended, unless you work outdoors, are near highly reflective surfaces (like snow), or are outside for extended periods.

Table 1. Recommended sun exposure in Victoria, to reduce the risk of low vitamin D

<table>
<thead>
<tr>
<th>Low vitamin D</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you are concerned about your vitamin D levels, seek advice from your GP.</td>
</tr>
<tr>
<td>Your GP may recommend vitamin D supplements, which should be taken strictly as directed. Once low vitamin D is treated, the aim is to maintain normal vitamin D levels.</td>
</tr>
</tbody>
</table>

**Where to get help**

- Your GP
- Maternal and child health nurse
- Dietitians Association of Australia Tel. 1800 812 942
- NURSE-ON-CALL Tel. 1300 60 60 24 – for expert health information and advice (24 hours, 7 days)

**References**

- Low vitamin D in Victoria: Key health messages for doctors, nurses and allied health, 2017, Department of Health and Human Services, Victorian Government.
- Vitamin D, 2017, Nutrient Reference Values for Australia and New Zealand, Australian National Health and Medical Research Council and New Zealand Ministry of Health.
- Vitamin D, 2017, Osteoporosis Australia.
- Sun exposure and health, Australian Radiation Protection and Nuclear Safety Agency.

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More information

Healthy eating

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as

- Healthy eating basics
- Food types
- Vitamins and supplements
- Health conditions and food
- Food science and technology
- Planning shopping and cooking
- Food safety and storage

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Healthy eating basics

- **Balancing energy in and energy out**
  A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance.

- **Body mass index (BMI)**
  Body mass index or BMI is an approximate measure of your total body fat.

- **Children's diet - fruit and vegetables**
  If you eat and enjoy fruit and vegetables every day, your child may eventually follow your lead.

- **Dairy and dairy alternatives**
  Dairy products (and dairy alternatives) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles.

- **Eggs**
  The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D).

- **Energy in food (kilojoules and calories)**
  A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance.

- **Food Standards Australia New Zealand (FSANZ)**
  FSANZ’s role is to protect the health and safety of people in Australia and New Zealand by maintaining a safe food supply.

- **Getting enough protein**
  Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein.

- **Healthy eating tips**
  A good balance between exercise and food intake is important to maintain a healthy body weight.

- **How to cut down on salt (slide show)**
  Even if you are careful about the salt you consume, you may be surprised that some of the food you eat contains hidden salt that you’re not even aware of. Learn how to cut down on salt.

- **Kids and energy needs**
  It’s important for kids to eat a wide variety of foods for a healthy, well-balanced diet and to be physically active. Creating healthy habits during childhood helps to ensure lifelong healthy.

- **Look after your health at harvest time (slide show)**
  Farmer health, wellbeing and safety are often neglected when facing the pressures of harvest. Simple safety measures can dramatically reduce the risk of injury and illness.

**Food types**

- **Alcohol explained**
  The size of a standard drink can vary according to the type of alcohol.

- **Cereals and wholegrain foods**
  Common cereal foods include bread, breakfast cereals and pasta.

- **Dairy and dairy alternatives**
  Dairy products (and dairy alternatives) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles.

- **Fats and oils**
  Animal products and processed foods like fried fast food are generally high in saturated fats.

- **Fish**
  Eating two or more serves of fish per week can reduce the risk of a range of diseases including dementia, depression and cardiovascular disease.
Foods from plants and animals
Some of the foods we eat come from animals and others come from plants...

Fruit and vegetables
Eating fruit and vegetables can help protect against some diseases including diabetes and some cancers...

Getting enough protein
Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein (or...

Herbs
Use herbs to enhance the flavour of virtually any dish, including desserts...

Lunch at work
Did you know lunch is just as important as breakfast? In other words, don’t skip lunch: you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work...

Meat and poultry
Meat and poultry are a great source of protein and lots of other nutrients your body needs. Check your recommended intake of meat and poultry and try to stick with it...

Nutrition – Summer fruit and vegetables (video)
Salads are a great way for you achieve your 5 serves of veggies every day...

Nuts and seeds
Nuts are a healthy food and a good source of protein and healthy fats...

Organic food
Organic foods are farmed in a more environmentally sustainable way than conventional foods...

Simple ways to cut down on fat (slideshow)
Cutting down on fat is not as hard as you think. Here’s how to maintain a healthy weight by consuming the right amount and types of fat...

Soft drinks, juice and sweet drinks - children
Encourage children to drink and enjoy water. Sweet drinks such as juice, cordial and soft drinks may cause health problems for children if consumed in large amounts...

Soft drinks, juice and sweet drinks – limit intake
Consumption of drinks containing added sugar is associated with weight gain, reduced bone strength and tooth erosion and decay...

Vitamins and supplements

10 tips for getting enough vitamin D
A balanced UV approach is required to ensure some sun exposure for vitamin D while minimising the risk of skin cancer...

Antioxidants
Antioxidants scavenge free radicals from the body’s cells, and prevent or reduce the damage caused by oxidation...

Calcium
If you don’t have enough calcium in your diet, your bones will eventually become weak and brittle...

Folate for pregnant women
Even women who aren’t planning to have a baby should increase their folate intake in case of unplanned pregnancy...

Iodine
Good sources of iodine include fortified bread and any type of seafood, including seaweed...

Iron
Iron is important for transporting oxygen in the blood...

Vitamin and mineral supplements
Taking vitamin supplements is no substitute for a healthy diet...
Vitamin B
The eight B-group vitamins are essential for various functions within the body...

Vitamin D
A balanced approach to sunlight exposure will help you get enough vitamin D while protecting against skin cancer...

Vitamin D - maintaining levels in winter (video)
Vitamin D is important for healthy bones, muscles and the nervous system...

Vitamins - common misconceptions
There is no evidence that any one vitamin can slow ageing, restore sex drive or cure infertility...

Health conditions and food

Arthritis and diet
No special diet or 'miracle food' can cure arthritis, but some conditions may be helped by avoiding or including certain foods...

Asthma and food allergies
It is important to identify any foods or food chemicals that may trigger your asthma, but this must be done under strict medical supervision...

Cancer and food
Diet can influence your risk of developing some cancers, but there is no evidence that specific foods can cause or cure cancer...

Cholesterol - healthy eating tips
Replacing foods that contain saturated fats with foods that contain polyunsaturated and monounsaturated fats will help to lower your cholesterol...

Celiac disease and gluten sensitivity
Celiac disease is an immune disease caused by gluten...

Diabetes and healthy eating
Healthy eating for people with diabetes is no different than for everyone else...

Eggs
The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D...

Food allergy and intolerance
Food allergy is an immune response, while food intolerance is a chemical reaction...

Food poisoning - prevention
You can minimise the risk of food poisoning by taking simple precautions...

Getting enough protein
Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein (or...

Have you had an allergic reaction to packaged food?
The Food Standards Code requires that certain foods must be listed on the package of a food, or made known to the customer upon request. If you experience an allergic reaction to a known allergen not...

Health check
This health assessment questionnaire will identify which zones of your lifestyle are contributing to your personal health risk and provide actions you can take to make positive change...

Heart disease and food
A diet low in saturated fats and high in fibre and plant foods can substantially reduce your risk of developing heart disease...

Huntington's disease and diet issues
Weight loss is often associated with Huntington's disease, but it doesn't appear to be a direct result of diet...

Lunch at work
Did you know lunch is just as important as breakfast? In other words, don’t skip lunch: you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work...
• Mood and food
  Your mood can affect your food choices, and your food choices may affect your mood...

• Pregnancy and diet
  Good nutrition during pregnancy can help to keep you and your developing baby healthy...

• Scurvy
  Scurvy is uncommon in Australia but anyone whose diet is inadequate in vitamin C is at risk...

• Type 2 diabetes - healthy eating and exercise (video)
  People with type 2 diabetes talk about positive lifestyle changes that improve their quality of life...

Food science and technology

• Carbohydrates and the glycaemic index
  The glycaemic index (GI) can be a useful tool to control blood sugar levels...

• Eggs
  The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D).

• Fats and oils
  Animal products and processed foods like fried fast food are generally high in saturated fats...

• Fibre in food
  A diet high in fibre keeps the digestive system healthy...

• Food additives
  The long-term effects of consuming a combination of different additives in our food are currently unknown...

• Food - genetically modified (GM)
  Some foods include ingredients that have been genetically modified (GM), or are made using ingredients derived from GM organisms...

• Food irradiation
  Food irradiation can kill insects, moulds and bacteria, but it cannot kill viruses...

• Food labels
  Food labels carry useful information to help you make good choices about food...

• Food - pesticides and other chemicals
  Chemicals such as pesticides, antibiotics and hormones are used to boost food production and ensure adequate food supply...

• Food processing and nutrition
  Careful cooking and storage will help retain the nutrients in your food...

• Meat and poultry
  Meat and poultry are a great source of protein and lots of other nutrients your body needs. Check your recommended intake of meat and poultry and try to stick with it...

• Mercury in fish
  Pregnant women and young children should limit consumption of fish that contain high levels of mercury...

• Protein
  The human body can't store protein, so it must be supplied daily from the foods we eat...

• Salt
  Too much sodium (salt) can cause high blood pressure and many other health conditions...

• Sugar
  Too much sugar in the diet can contribute to health problems, so limit foods and drinks with high amounts of added sugar...

Planning shopping and cooking
• 10 tips for healthy shopping
  Make a shopping list for healthier food choices... 10 tips for healthy shopping...

• Celebrations - Christmas Day the healthy way (video)
  Victorian State Public Health Nutritionist Veronica Graham shows us how to cook a light and healthy Christmas meal without overindulging. Whatever way you celebrate, there are ways to eat healthily...

• Celebrations - healthy birthday parties (video)
  Birthday parties can be healthy as well as fun. Flip Shelton reports on some great ideas for healthy and tasty treats for your child’s next birthday...

• Cooking healthy alternatives (video)
  Chef Andrew Blake shows people how to cook healthy fish and chips, spring rolls and pancakes...

• Cooking tips for busy people
  If you lack the time or motivation to cook, try these tips...

• Eating out – healthy food from different cultures (video)
  Nutritionist Shane Bilsborough takes us on a tour of Melbourne’s restaurants. Some popular food from different cultures is high in fat and kilojoules. There are, however, some healthy alternatives...

• Food labels
  Food labels carry useful information to help you make good choices about food...

• Food shopping - a family's healthy market shop (video)

• Food shopping - fresh produce choices at local markets (video)
  Reporter Flip Shelton takes us on a tour and shows us what fresh produce is available at a local market...

• Food to have sometimes
  Junk food should be kept to a minimum. It usually contains a lot of fat, salt or sugar...

• Food variety and a healthy diet
  If you eat a variety of good food, your diet will provide you with adequate nutrition...

• Healthy budget - tucker talk tips
  You can buy more food if you spend most of your money on basic healthy foods like bread, cereals, fruit and vegies...

• Healthy cooking tips
  Eating healthy food doesn’t mean giving up your favourite foods and switching to eating only salads...

• Healthy eating tips
  A good balance between exercise and food intake is important to maintain a healthy body weight...

• How to cut down on salt (slideshow)
  Even if you are careful about the salt you consume, you may be surprised that some of the food you eat contains hidden salt that you’re not even aware of. Learn how to cut down on salt...

• Lunch at work
  Did you know lunch is just as important as breakfast? In other words, don’t skip lunch: you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work...

• Lunch - avoid the fast food fix (video)
  Nutritionist Shane Bilsborough shows us how much energy it takes to burn off a fast food lunch. Join tradies, Corky and Danny as they find out how to maintain a healthy weight...

• Lunch boxes - healthy shopping ideas (video)
  Victorian State Public Health Nutritionist Veronica Graham takes us shopping for the right foods to include in your child’s lunchbox...

• Lunch boxes - how to make them healthy (video)
  Victorian State Public Health Nutritionist Veronica Graham shares three healthy and delicious lunchbox examples for the kids and provides some great food preparation tips to save you time throughout...

• Reading food labels - tucker talk tips
Labels on packaged food can give you useful information about the nutrition, ingredients, storage and weight of the food. Add full stop to pull quote...

- Shopping at fresh food markets (video)
  Victorian State Nutritionist, Veronica Graham talks about the benefits of shopping at fresh produce markets...
- Tips to keep our snacks on track (slide show)
  Most of us are prone to the odd snack or two. Check out these simple tips to keep your snacks on track...

**Food safety and storage**

- Avoid food poisoning - Cook Safe (video)
  Learn how to prepare and cook food safely at home...
- Avoid food poisoning - Shop Safe (video)
  Learn how to keep your hot and cold foods separate and shop safely for food...
- Avoid food poisoning - Store Safe (video)
  Learn how to store food safely in your fridge at home...
- Be savvy with food this summer (slide show)
  How to keep food fresh and safe in warmer weather...
- Cockroaches
  Cockroaches prefer to live in kitchens and other food preparation areas, so they can feed off food spills...
- Don't let food poisoning ruin your summer (slide show)
  How to avoid food poisoning this summer...
- Eggs
  The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D...)
- Emergencies - coping without gas or electricity
  In a gas or electricity blackout you may have to think laterally to come up with ways to continue bathing, eating and keeping warm...
- Fishing - eat your catch with care
  People who fish in the Lower Yarra and Maribyrnong rivers need to be careful about eating their catch because of the risk of chemical exposure...
- Food poisoning - listeria
  Listeria infection is uncommon but very dangerous for the elderly, people whose immune systems are not working properly and pregnant women and their unborn babies...
- Food poisoning - prevention
  You can minimise the risk of food poisoning by taking simple precautions...
- Food safety and storage
  High-risk food should be kept at 5 °C or below, and above 60 °C to avoid the temperature danger zone and food poisoning...
- Food safety - eggs
  To enjoy eggs safely - buy clean, keep cool and cook well...
- Food safety for summer celebrations (video)
  In the hot weather there is a higher risk of food poisoning but if you follow some simple rules when you prepare, handle and store food it will significantly reduce your risk of getting sick...
- Food safety outdoors
  Food poisoning is a real risk when taking food outside the home, especially in warmer weather...
- Food safety when cooking
  Most foods should be cooked to at least 75 °C to minimise the risk of food poisoning...
- Food safety when eating out
  If you have any doubt about the safety of food when you're out, don't eat it...
• Food safety when shopping

When you shop, choose, pack and transport food carefully...

• Food Standards Australia New Zealand (FSANZ)

FSANZ's role is to protect the health and safety of people in Australia and New Zealand by maintaining a safe food supply...

• Food – use-by and best-before dates

Check the ‘use-by’ or ‘best before’ date when you buy food...

Dieting and diets

• 10 tips on how to eat more calcium

Reduce your intake of coffee, alcohol and soft drinks... 10 tips on how to eat more calcium...

• Body image and diets

Some people diet because they have a poor body image, not because they want to be a healthy weight...

• Dairy and dairy alternatives

Dairy products (and dairy alternatives) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles...

• Food allergy and intolerance

Food allergy is an immune response, while food intolerance is a chemical reaction...

• Food for sport – tucker talk tips

Carbohydrate is the most important nutrient for athletes...

• Getting enough protein

Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein (or...

• Gluten-free diet

Gluten sensitivity can be managed with a gluten-free diet...

• Heart disease and food

A diet low in saturated fats and high in fibre and plant foods can substantially reduce your risk of developing heart disease...

• How to cut down on salt (slide show)

Even if you are careful about the salt you consume, you may be surprised that some of the food you eat contains hidden salt that you’re not even aware of. Learn how to cut down on salt...

• Mood and food

Your mood can affect your food choices, and your food choices may affect your mood...

• Simple ways to cut down on fat (slide show)

Cutting down on fat is not as hard as you think. Here’s how to maintain a healthy weight by consuming the right amount and types of fat...

• Sporting performance and food

Good nutrition and a healthy diet are essential to improving your sports performance...

• Tips to keep our snacks on track (slide show)

Most of us are prone to the odd snack or two. Check out these simple tips to keep your snacks on track...

• Vegetarian and vegan eating

A well-planned vegetarian or vegan diet can meet nutritional needs during all stages of life...

• Vegetarian diets and children

Children can eat a vegetarian diet and stay healthy as long as their extra nutritional needs are met...

• Weight loss and fad diets

With a balanced eating plan, it’s what you leave in that makes all the difference...

• Weight management services

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Always consult with your doctor before choosing any weight management service.

- Women's nutrition for life
  ‘Nutrition for life’ identifies a woman’s four main life stages and how to eat healthily for each of them. Following this information can lead to better health at any stage of your life.

Nutritional needs throughout life

- Women's nutrition for life
  ‘Nutrition for life’ identifies a woman’s four main life stages and how to eat healthily for each of them. Following this information can lead to better health at any stage of your life.

- Bottle feeding - nutrition and safety
  Breastmilk or commercial infant formula is necessary for all babies less than 12 months.

- Breastfeeding and your diet
  Breastfeeding women need to eat regularly and include a wide variety of healthy foods in their diet.

- Childcare and healthy eating
  Childcare centres should provide healthy meals for your children.

- Dairy and dairy alternatives
  Dairy products (and dairy alternatives) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles.

- Disability - managing underweight
  There are a number of ways that a person with a disability can successfully avoid unwanted weight loss.

- Eating tips for babies
  First foods for babies can be prepared easily and cheaply at home without salt, seasonings and sweeteners.

- Eating tips for children (1) - older toddlers
  Offer children the same foods as the family, with a variety of textures and flavours for balanced nutrition.

- Eating tips for preschoolers
  Children are able to decide how much food they need for activity and growth if allowed to eat according to their appetite.

- Eating tips for school children
  Snacks are an important part of a healthy diet for active children, so offer nutritious as well as high energy snacks.

- Eating tips for young toddlers
  Children have a natural ability to sense when they are hungry and when they are full.

- Eggs
  The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D).

- Food and your life stages
  The nutritional requirements of the human body change as we move through different life stages.

- Food for babies - tucker talk tips
  Before six months, breastmilk or formula is the only food and drink that your baby needs.

- Getting enough protein
  Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein.

- Good food for Elders - tucker talk tips
  Good nutrition, a healthy diet and physical activity can help Elders prevent or manage health problems.

- Healthy active Koori kids - tucker talk tips
  Good nutrition and physical exercise help to keep Koori kids healthy and avoid diseases when they get older.

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Healthy budget - tucker talk tips
You can buy more food if you spend most of your money on basic healthy foods like bread, cereals, fruit and vegies...

Healthy eating during pregnancy - tucker talk tips
Some foods should be avoided during pregnancy as they carry bacteria that could harm your unborn baby...

Eating healthy food is important at any age, but it's especially important for teenagers...

Healthy eating for adolescent girls
As you get older you need fewer calories, but your need for other nutrients remains unchanged. Healthy...

Healthy eating for women in midlife
Being well nourished improves women's mental and physical health and quality of life at all life stages...

Healthy eating for young women
Good nutrition is especially important during this stage of your life when there is so much happening: independent living, career development, travel, establishing relationships, babies and families...

Lunch at work
Did you know lunch is just as important as breakfast? In other words, don't skip lunch; you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work...

Nutrition needs when you’re over 65
Nutrition needs vary with age and gender. Now you’re older, the foods and drinks that make up a healthy diet may need to be slightly different from when you were younger. In general, you...

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If you don't have enough calcium in your diet, your bones will eventually become weak and brittle...

Vitamins - common misconceptions
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Antioxidants scavenge free radicals from the body's cells, and prevent or reduce the damage caused by oxidation...

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Osteoporosis Australia.
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Sunsmart - How much sun is enough?
SunSmart – Sun protection for people with naturally very dark skin.
SunSmart UV Alert – Your daily guide to Sun Protection.
Victorian Multilingual Cancer Information.

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