



ARTICLE

## Why Vitamin D is Vital for Healthy Bone Growth in Children?

5 mins read

## ***Are you sure your child is getting enough vitamin D to fuel their bone growth and strength?***

The body is supported by many functional purposes, which is the bones. Bones assist movement, protect internal organs such as the heart and the lungs, and serve as a reservoir for minerals. During childhood, some bones develop more than others so it is important to develop strong and healthy bones to support general health throughout life.

The development of bone structures in children under the age of 6 is rather rapid and lasts for a considerable duration. Their bones elongate in growth plates which eventually become hard and assist in their growth in height while the bones increase in thickness as new tissues are added on the exterior. This growth is dependent on a balanced diet such as calcium, and Vitamin D which is sourced from diet, an exercise which assists in the formation of bones

### **Why is Vitamin D Important in the Bone Growth of Kids?**

Vitamin D is required in toddlers and children as well for proper bone growth. It aids the body in the process of calcium absorption, a mineral that is important in bone formation. Without adequate Vitamin D, the bones may become weak and soft leading to diseases such as rickets. Vitamin D is also important in assisting the appropriate development of bones and gives additional support to the body's immune system. Kids get vitamin D by exposure to the sun, dietary sources, and supplementation when necessary. Assisting them with adequate vitamin D will therefore allow them to develop strong healthy bones.

### **The Best Ways to Get Your Child's Daily Dose of Vitamin D**

#### **Vitamin D-Rich Foods**

There are many foods that the child can eat naturally to obtain vitamin D. Such as fatty fish salmon or tuna are excellent sources of vitamin D. This vitamin can be obtained from egg yolks as well and it is also found in UV light cultivated mushrooms. Some common foods like milk, orange juice, breakfast cereals, yogurt, and others, which are highly relevant for every child, can be vitamin D boosted as well. Proper inclusion of these foods at the right time and right quantities can greatly assist in enhancing the child's bone development and general health. A great source of vitamin D plays a role in developing the skeletal system and protecting the body, making a compilation of such foods with other sources necessary.

#### **Sun Exposure: The Natural Vitamin D Solution:**

Sunlight is the most natural source of vitamin D, and readily available to those who spend time in the sun as the body naturally synthesizes it after 10 – 30 minutes of sun exposure a few times a week. Depending on factors such as skin color, locality, and season, individuals may require different amounts of exposure to the sun.

#### **Vit D supplements:**

Vitamin D is very important for children as it contributes to healthy bone development through calcium absorption. In the absence of sufficient vitamin D, children can suffer from a sickness known as rickets which leads to dynamically metaphysical bone deformations. Recent studies show that supplementation of vitamin D through tablets may help increase bone density and prevent skeletal diseases in children who do not have sufficient sun exposure or dietary intake of vitamin D.

#### **Vitamin D Doses: How Much is Enough?**

- **Infants (0-12 months):** 400 IU daily.
- **Children (1-18 years):** 600 IU daily.

This amount helps keep their bones strong and supports their overall health. Most toddlers get vitamin D from foods that are fortified with it, such as milk, formula, breakfast cereals, and yogurt. Additionally,

natural sources like eggs and meat provide smaller amounts of the vitamin.

### **Top Vitamin D-Fortified Foods:**

Improving children's vitamin D intake through fortified foods is a simple and effective way to support their health. Fortified foods have extra vitamin D added to them during production.

**Milk:** Vitamin D Fortified cow milk is mostly available in stores.

**Plant-Based Milks:** Fortified Oat, almond, and soy milk can make a good option for lactose-intolerant kids.

**Cereals:** Nowadays fortified cereals are easily available.

**Juices:** You can get fortified juices such as orange juice.

**Yogurt and Cheese:** Some brands also offer vitamin D-fortified snacks.

**Eggs and Butter:** Some products, like fortified eggs or butter, can be a good option to fulfill vitamin requirements.

### **Tips for Parents:**

- Include vitamin D-fortified foods in your child's diet. Read food labels to ensure products contain added vitamin D.
- You can also combine fortified foods with natural healthy fats for better and healthy vitamin D absorption.

### **Why Fortified Foods?**

Fortified foods are especially helpful in winter or geographically high-altitude individuals. They are a safe and highly reliable source of Vitamin D.

### **Why Nestlé NANGROW™?**

Nestlé NANGROW™ is a milk drink specially designed to support children's growth, including their bone health. Reasons why NANGROW™ is a good option to improve Vitamin D intake in children:

- **Vitamin D-Rich Formula:** Vitamin D is important for helping the body absorb calcium, which is essential for building and maintaining strong bones. NANGROW™ provides a recommended dose of vitamin D to your child and make sure to meet their daily needs of Vitamin D.
- **Calcium for Bone Strength:** It also includes calcium, a vital mineral that works with vitamin D to make bones and teeth stronger, minimizing the risk of weak bones in your kids.
- **Probiotics for Better Absorption:** NANGROW™ contains probiotics that support gut health, that helps in the absorption of calcium and Vitamin D.
- **Kid-Friendly and Convenient:** NANGROW™ is tasty and healthy, have a vanilla flavor that kids mostly enjoy, and is easy to use.

You can add NANGROW™ to your child's daily routine along with natural sources of vitamin D to fulfill your child's daily Vitamin D goals.

### **References**

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