

**Institute of Medicine
Workshop Reviewing Dietary
References Intake
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**Presented by
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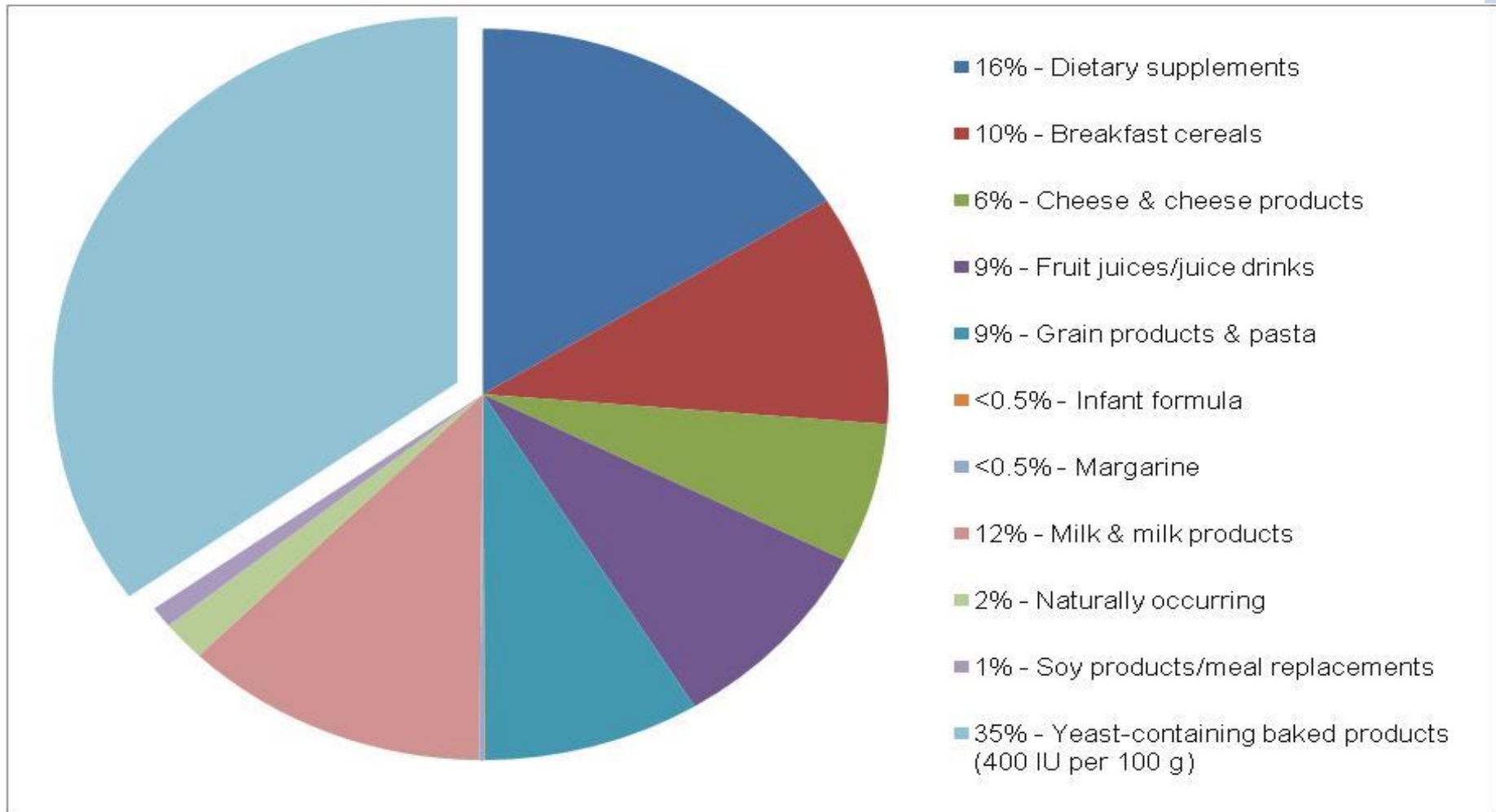
Foods and Vitamin D

- Need to increase intake of Vitamin D
- Vitamin D is the sunshine Vitamin
- People are protecting themselves from the sun
 - Limited exposure, limited Vitamin D
- Milk consumption has decreased
 - Decreased consumption, decreased intake of Vitamin D
- New foods with Vitamin D
 - Still not meeting requirements; low blood 25(OH)D
- Need more foods with Vitamin D
 - Encourage consumption of foods, not supplements

Foods + Vitamin D

- **Vitamin D in diets is insufficient**
- **Bread products to provide Vitamin-D**
 - History of providing diets with additional benefits
 - Certain vitamins, minerals and folic acid
 - Universal food application available to all
 - Need to increase amount of vitamin D in baked goods
- **Fast Food restaurants significant part of the American diet**
 - Provide another source of vitamin D via food products
 - Hamburger Buns, Baked Goods and Pizza
- **Food Supply should provide vitamin D and not supplements**

Per User Percent Contributions to Mean Total Vitamin D Intake, U.S. Population Age 1+ year



Mean per user total vitamin D intake is 1008 IU/day; “users” are the vitamin D-consuming population (99.9% of U.S. population)

Estimates based on 2-day average intakes reported in NHANES 2003-2006

0% indicates that vitamin D contribution from food category is <0.5% of total vitamin D intake