

# Vitamin D

## The best sources and Top Tips

- Wild Salmon (100g, cooked): ~10-12 µg of vitamin D
- Farmed Salmon (100g, cooked): ~2.5-5 µg of vitamin D

Wild salmon is a richer source of vitamin D compared to farmed salmon due to differences in diet and habitat. However, both are excellent sources of this vital nutrient.

### Cooking Tips

For preserving Vitamin content in Salmon

#### Preparation Tips

- Choose Wild Over Farmed:** When possible, opt for wild salmon, which has significantly higher vitamin D content.
- Keep the Skin On:** Salmon skin contains additional nutrients and can help retain moisture during cooking, preserving vitamin D.
- Avoid Overcooking:** Salmon should be cooked until it's just opaque and flakes easily. Overcooking can degrade vitamin D.

#### Pair with Complementary Foods

Boost the health benefits of salmon by pairing it with:

- Leafy Greens** (e.g., Spinach, Kale): Rich in calcium and magnesium, which work synergistically with vitamin D for bone health.
- Healthy Fats** (e.g., Olive Oil, Avocado): Aid in the absorption of fat-soluble vitamin D.
- Citrus-Based Dressings:** Add flavour and a vitamin C boost to your meal.

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### Best Cooking Methods to Retain Vitamin D in Salmon

Vitamin D is relatively stable during cooking but can still be lost if exposed to high heat for prolonged periods. Here are some tips:

**Baking:** Baking salmon at a moderate temperature (around 175°C/350°F) helps retain most of its vitamin D content while enhancing flavour.

**Grilling:** Grilling at a controlled temperature is another effective method. Avoid overcooking, as prolonged high heat can reduce nutrient levels.

**Poaching:** Cooking salmon in water or broth at a low temperature helps retain vitamin D and keeps the fish moist.

**Avoid Frying:** Frying at high temperatures can cause vitamin D loss and add unhealthy fats.

### ADDITIONAL TIPS

**Store Properly:** Keep salmon refrigerated or frozen to preserve its nutrients.

**Opt for Fresh or Frozen:** Canned salmon is convenient but may have slightly lower vitamin D levels. Choose fresh or frozen for maximum benefits.

**Enjoy Regularly:** Incorporate salmon into your diet 1-2 times per week to maintain healthy vitamin D levels.

**By baking or poaching wild salmon with its skin on and pairing it with nutrient-rich sides, you can maximize its vitamin D content while enjoying a delicious and healthful meal!**