

Vitamin D and the FDA

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Abstract

The Food and Drug Administration (FDA) knows that vitamin D deficiency is much more common among African Americans than white Americans. The FDA knows that vitamin D deficiency is associated with numerous health problems in the African American community. The FDA knows that many African Americans do not, and perhaps cannot, consume lactose containing milk products due to lactose intolerance. In spite of these facts, the FDA uses milk to deliver supplementary vitamin D to Americans. In fact, virtually all the foods the FDA mandates to contain vitamin D are lactose containing milk products—the one food most African Americans do not consume. The FDA could easily mandate other foods contain vitamin D, such as cheese, yogurt or cereal grains—foods African Americans do consume.

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