



## Vitamin D Deficiency and Acute Respiratory Infections among Brazilian Children

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**SUMMARY.** The prescription of antibiotics worldwide remains large, especially in children. The lack of accurate diagnoses leads to overuse of these drugs, increasing bacterial resistance. A large number of studies have shown that another important factor in the onset of upper respiratory infections (URI) is inadequate intake of nutrients for these children, especially vitamins A, C and D. This study aimed to understand the use of antibiotics and the profile of nutrient intake in children diagnosed with URI. During 12 months, a survey (24 h dietary recall) was applied in 131 parents of children using antibiotics. The results showed antibiotic prescriptions for viral infections (37 %), pointing out incorrect prescriptions. The presence of URI was directly related to the lack of intake of vitamins, especially A and D. Countries with poor sources of these vitamins (fish oil), in regular diet, should increase the dietary supplementation of vitamins to diminish the appearance of URIs.

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**KEY WORDS:** Antibiotics use, Upper respiratory infections, Vitamin deficiency.

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