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Importance of vitamin D on control of Metabolic Disorders**Adryana Cordeiro***University of Porto, Portugal and Federal University of Rio de Janeiro, Brazil*

Vitamin D is a steroid hormone classically involved in the calcium and phosphate metabolism and bone homeostasis. And beyond that, this vitamin is involved in many important cellular process. Experimental studies have shown that 1,25-dihydroxyvitamin D, the active form of vitamin D, exerts several activities on multiple components of metabolic system. Association between low levels of serum 25-hydroxyvitamin D, inactive form, and increased risk of developing several metabolic diseases and disorders, including obesity, type 2 diabetes, cardiovascular diseases, hypertension, insulin resistance and others has been observed. Accordingly, a number of clinical trials aiming to determine the efficacy of administration of vitamin D and its metabolites for treatment of these diseases have been conducted with variable outcomes. Hypovitaminosis D is a common condition with a negative impact on health, however, the prevalence rates of this condition vary according to the reference values established for 25-hydroxyvitamin D [25(OH)D], the metabolite measured to determine the vitamin D status. Although it is still debatable what level of serum 25-hydroxyvitamin D is optimal, it is advisable to increase vitamin D intake and have sensible sunlight exposure to maintain serum 25-hydroxyvitamin D at least 30 ng/mL (75 nmol/L), and preferably at 40–60 ng/mL (100–150 nmol/L) to achieve the optimal overall health benefits of vitamin D.

Biography

Adryana Cordeiro is a clinic nutritionist, PhD/MSc in Medical Science/Faculty of Medicine/University Federal of Rio de Janeiro (UFRJ), Scientific Researcher/Unit of Biochemistry/Biomedicine Department/Faculty of Medicine/University of Porto – Portugal, Researcher of Micronutrients Research Center/Institute of Nutrition/UFRJ, Scientific Researcher of Pos-doctorate/ Institute of Nutrition/UFRJ. She is an author of many manuscripts and chapters books about obesity, vitamin D nutritional status, nutritional deficiencies and metabolic diseases.