Vitamin D
In the name of science and health, 120 George Brown students, staff, and faculty bravely volunteered to eat pizza—topped with Vitamin D fortified mozzarella. These volunteers formed part of a study conducted by University of Toronto in collaboration with George Brown College’s Food Innovation and Research Studio (FIRST). Study participants consumed individual pizzas prepared using Vitamin D fortified mozzarella cheese, investigating whether eating cheese fortified with Vitamin D could affect the levels of the vitamin in the body. The results are in: a resounding (and delicious) yes! The findings provide scientific support for commercialization of vitamin D fortified cheese, suggesting Canadians will soon be able to have their cheese—and be healthy too.

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