

BLOGS / OTHER ARTICLES:

LK Pourshahidi. [Are your kids getting the sunshine vitamin?](#) Love Belfast: October 2016

MS Mulhern, LK Pourshahidi, EJ Laird & S Madigan. The impact of vitamin D on muscle strength and quality of life in COPD patients. INDI Nutrition & Dietetic Review: 2018

LK Pourshahidi & C Corish. Coping with shift work. INDI Nutrition & Dietetic Review, pp.21-22, vol. 5, issue 4: Winter 2020

LK Pourshahidi. [Vitamin D: Time to fortify straight from the field?](#) Society of Dairy Technology, NI bulletin: 2021

LK Pourshahidi, EJ Rosbotham & HR Neill. [\(Bio\)Fortification: to D or not to D?](#) New Food Magazine: March 2022