

## What foods are high in vitamin D?

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The foods you eat contain nutrients, such as vitamins and minerals. Vitamin D is a nutrient. Your body needs the right amount to stay healthy and work as it should. You can use the list below to help you make choices about which foods to eat.

Here are some foods that contain vitamin D.

### Fruits

- Orange juice, fortified with vitamin D

### Grains

- Cereals, fortified with vitamin D

### Dairy and dairy alternatives

- Milk, fortified with vitamin D
- Non-dairy milk (almond, rice, soy), fortified with vitamin D
- Yogurt, fortified with vitamin D

### Protein foods

- Flounder
- Mackerel
- Sardines
- Salmon
- Sole
- Trout
- Tuna

### Fats

- Cod liver oil

Work with your doctor to find out how much of this nutrient you need.

