



VITAMIN D

FOODS HIGH IN VITAMIN D



Beef Liver



Cod Liver



Eggs (include the yolk)



Fortified Cereal or Grains



Fortified Dairy
(Milk, Yogurt)



Fortified Juices



Fortified Plant Milks
(Almond, Cashew, Oat, Soy)



Salmon



Sardines



Tuna Fish



Swordfish

*Ask a registered dietitian how you can prepare these foods to your liking.

THE FOOD &
MOOD JOURNEY

