

# Best Food Sources of Vitamin D

Fortified milk, cereal,  
and juices



Salmon



Eggs

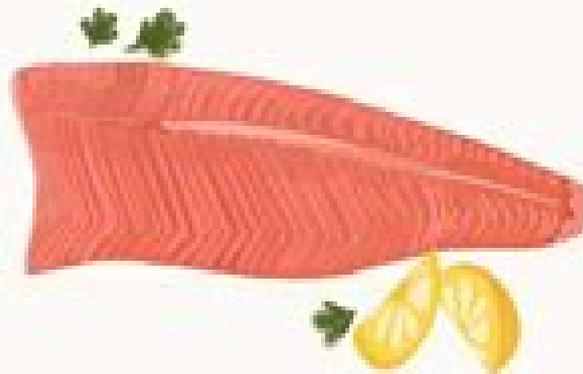


Canned tuna and sardines



**BHG**

Trout



White Mushrooms



# Vitamin D

**KJ Lindholm-Leary**



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