

Best Food Sources of Vitamin D

Fortified milk, cereal,
and juices



Salmon



Eggs

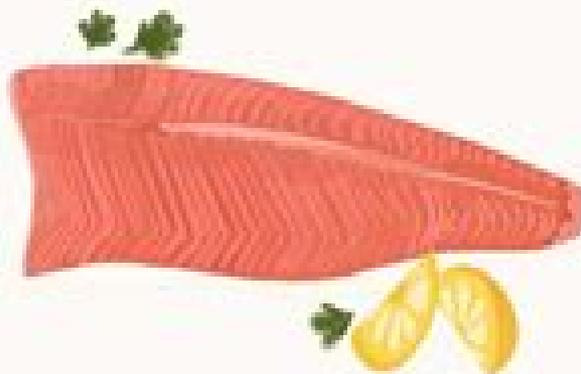


Canned tuna and sardines



BHG

Trout



White Mushrooms



Vitamin D

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