

## **What are other food sources of vitamin D?**

- Fatty wild fish like mackerel, salmon, halibut, tuna, sardines and herring
- Fortified milk, orange juice and cereal
- Dried Shitake mushrooms
- Egg yolks

To get adequate amounts of vitamin D from food, you would have to eat at least 5 servings of salmon a day or drink 20 cups of fortified milk.