



DARTMOUTH

Vitamin D



Vitamin D is an essential nutrient in the body. It assists in the absorption of calcium which is needed for bone health, muscle contraction, and much more. Without vitamin D, calcium will not be able to perform its functions as effectively.

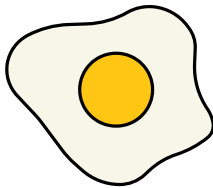
It is particularly difficult to get enough vitamin D in the northern hemisphere from October-April due to the lack of sun exposure. Below are some examples of foods high in vitamin D.



Oily fish such as salmon, trout, mackerel, herring, sardines, and tuna



Fortified dairy products such as milk, yogurt, and cottage cheese. Some plant milk are also fortified with vitamin D such as soy milk



Egg yolks - the whites do not provide any vitamin D



Fortified cereals and oatmeal. Make sure you check the label to make sure it is fortified with vitamin D



Mushrooms are the only plant source of naturally occurring vitamin D



Fortified orange juice. Check the label to make sure it's fortified with vitamin D

If you are struggling to eat these foods, a vitamin D supplement might be helpful. Consult your doctor or dietitian for more information.