

FOODS HIGH IN VITAMIN D

1: COD LIVER OIL

Cod liver oil has been used for centuries as a preventative measure against vitamin D deficiency, also called rickets. Cod liver oil is an excellent source of vitamin A and vitamin D. Vitamin A is a vital nutrient for immune system function, cellular growth, eye health, and reproduction. It's also rich in omega-3 fatty acids, which decrease blood clot formation and reduce inflammation in the body. Source [WebMD.com](https://www.webmd.com)



2: OILY FISH (TROUT, COOKED)

3 ounces of cooked rainbow trout provides over 100 percent Trusted Source of your daily requirement for vitamin D. It packs in a wide variety of vitamins, minerals, and protein. Source [healthline.com](https://www.healthline.com)



3: OILY FISH (SALMON, COOKED)

Salmon is a great source of protein, omega-3 fatty acids, and vitamin D. Source [healthline.com](https://www.healthline.com)



4: FORTIFIED CEREALS

The FDA recently gave cereal companies approval to increase fortification levels of vitamin D in your cereal and grain-based bars. Source [EatingWell.com](https://www.eatingwell.com)



5: DAIRY PRODUCTS

Yogurt makers often add vitamin D to their product. You can typically get 3 mcg in an 8-ounce serving. Choose plain, low-fat yogurt to cut down on sugar, fat, and calories. Source [healthline.com](https://www.healthline.com)



6: EGGS

The vitamin D is found in the yolk of the egg only. Eggs also contain all your essential amino acids and are a great source of choline and healthy fats. Source [healthline.com](https://www.healthline.com)

Ways to eat eggs: Poached, Hard-boiled, Scrambled

