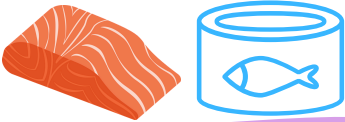


# BEST FOOD SOURCES OF Vitamin D



OILY FISH  
(SALMON , TUNA)



LIVER



RED MEAT



EGG YOLK



MILK FORTIFIED  
WITH VITAMIN D



MUSHROOM

## IMPORTANT NOTES:

- -IT' S PREFERRED TO GET SUN EXPOSURE (EARLY MORNING OR AFTERNOON) FOR AT LEAST FOR 15 MIN TO INCREASE VITAMIN D NATURALLY
- TO INCREASE VITAMIN D ABSORBTION , IT MUST BE TAKEN WITH RICH FAT FOOD