

Vitamin D Vegetarian Foods



SUNSHINE

Aim for 10-30 min
3x/week



FORTIFIED SOY MILK

116 IU/1 cup



FORTIFIED CEREALS

8-100 IU/serving



FORTIFIED ORANGE JUICE

Up to 100 IU/serving



MUSHROOMS (GROWN UNDER UV LIGHT)

450 IU/100g



FORTIFIED ALMOND MILK

96 IU/serving