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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.