FORLIFE
Cultivating maintainable wellbeing practices for life

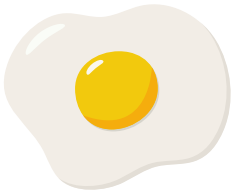
Starting the Day with Vitamin D

Vitamin D Can:
Strengthen Bones & Improve Muscle Function
Boost Mood
Increase Energy

& Here's How You Can Get It:
Walking or Exercising Outdoors with Your Skin Exposed to the Sun
(Only 5-30 Minutes per Day is Needed!)

Fatty Fish

Fatty fish—like salmon, sardines, and trout—are some of the few foods that are considered to be natural sources of vitamin D. Additionally, fish are a more sustainable and often a healthier protein option.



Eggs

Make sure to eat the whole egg! Yolks are a great source of vitamin D, along with other beneficial nutrients.

Fortified Foods

Cereals, orange juice, milks and dairy products are not natural sources of vitamin D, but many food companies fortify these foods with vitamin D and are often paired with calcium which is great for bone strength.

For more detailed information, see our blog post by scanning the QR code.