

# 5 WAYS TO INCREASE VITAMIN D

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1

## FISH

Oily fish like Salmon and Mackerel have higher natural Vitamin D levels than any other protein source.



2

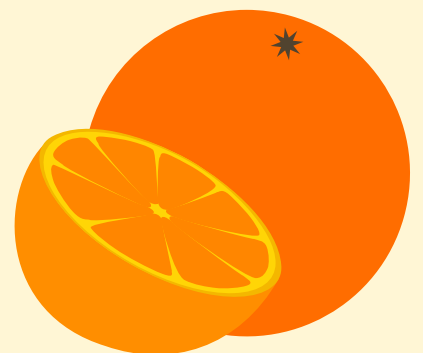
## MUSHROOMS

Mushrooms contain Vitamin D as they need ultraviolet light from the sun to convert the precursor to vitamin D which they naturally contain (called ergosterol) into usable active form of vitamin D.

3

## ORANGE JUICE

Fortified Orange Juice is one of the easiest ways to increase Vitamin D levels. Brands like Simply Orange and Minute Maid have 100% OJ options, fortified for with Vit D.



4

## CHEESE

Ricotta and cottage cheese have the highest levels of Vitamin D per 100gm.



5

## EGG YOLKS

1 egg yolk will provide you with around 40IU. Recommended daily intake for 19 - 70 year olds is between 550 - 750IU per day.



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