

Every Body Needs Vitamin D

For Strong Bones and Teeth

Vitamin D
Supplements



Fish



Maqtaaq



Milk



Yogurt

You
can get
Vitamin D
from:



Egg Yolks



Margarine



Liver

Did you know?

In Nunavut, the sun is not strong enough to give us enough Vitamin D so we need to get Vitamin D from some of these other sources too.

Speak with your nurse, doctor or dietitian for more information about Vitamin D.