

VITAMIN D RICH FOODS



Oyster mushroom dried
(सूखे मशरूम)
Vitamin D - 109 μg



Gingelly seeds, brown
(सफेद तिल)
Vitamin D - 76.51 μg



Soyabean white
(सफेद सोयाबीन)
Vitamin D - 69.9 μg



Walnut
(अखरोट)
Vitamin D - 46.31 μg

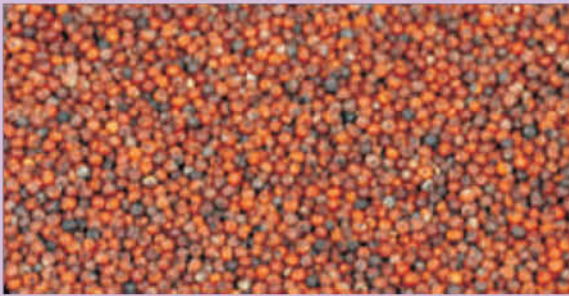


Maize tender Local
(मक्का)
Vitamin D - 42.34 μg

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g

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Ragi
(रागी)
Vitamin D - 41.46 μg



Corn, baby
(मक्का)
Vitamin D - 31.20 μg



Wood apple
(बेल)
Vitamin D - 28.71 μg



Amaranth leaves, green
(चौलाई का साग)
Vitamin D - 16.01 μg



Milk, whole, Cow
(गाय का दूध)
Vitamin D - 1.22 μg

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