

Fortified Milk

- Almost all types of cow's milk in the U.S. are fortified with vitamin D, but ice cream and cheese are not.
- 8-ounce glass of milk contains at least 100 IUs of vitamin D
- 6-ounce serving of yogurt contains 80 IUs of vitamin D
- Some soy, almond and rice milks are fortified with about the same amount, but check the label since not all contain vitamin D

