



Vitamin D Food Sources

Salmon	Catfish
Herring	Makerel
Tuna	Eel
Swordfish	Mushrooms (especially Shiitake)
Sardines	Egg yolk

In addition many foods are fortified with Vitamin D (such as: milk, yogurt, orange juice and ready to eat cereals).

Examples of Foods that Contain Vitamin C, E and Selenium

Vitamin C

Bell Peppers (all kinds)	Oranges
Broccoli	Papaya
Cantaloupe	Strawberries
Grapefruit	Sweet potatoes (all kinds)
Kiwi	

Vitamin E

Almonds	Sunflower seeds
Hazelnuts	Swiss chard
Olive oil	Wheat germ
Peanuts	

Selenium

Brazil Nuts	Oats
Butter	Poultry (turkey and chicken)
Eggs	Root vegetables that are grown in selenium rich soil
Mushrooms	Fish (cod, sardines, salmon, tuna)
Shellfish (clams, mussels, oysters, shrimp)	