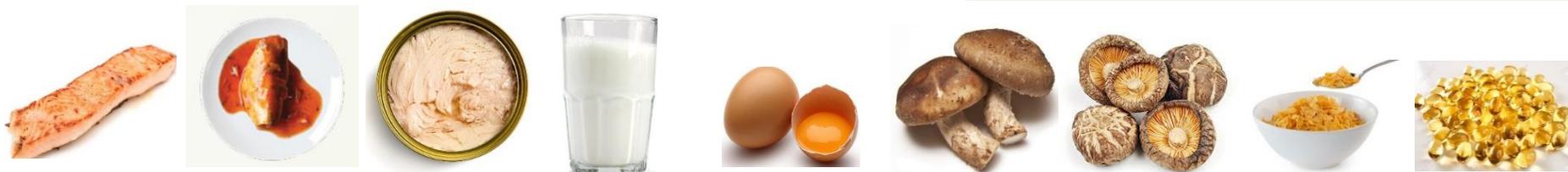


COMPARING VITAMIN D CONTENT

1 vitamin D ★ = 2.5mcg of vitamin D
Daily requirement (51 years old and above) is
2.5mcg of vitamin D



	Cooked Salmon	Canned sardines	Canned tuna	Vitamin D Fortified Milk	Egg yolk	Shiitake Mushrooms, fresh	Shiitake Mushrooms, sun-dried	Fortified Cereal	Cod Liver Oil
Serving size	90g / 3oz	100g	100g	1 cup – 250ml	1 large	2 pieces (38g)	2 pieces (3.6g)	1 cup (40g)	1 capsule
Vitamin D stars	★★★★★	★★★★★	★★★	★	★	★	★	★	★

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COMPARING VITAMIN D CONTENT



	Marigold Full Cream Milk	Marigold Chocolate Milk	Milo 50% less sugar added	Anlene Concentrate UHT Milk - Vanilla	Anlene Move Max Regular Milk Powder	Nestle Omega Plus Adult Milk Powder - ActiCol
Serving size	1 packet (200ml)	1 packet (200ml)	1 packet (200ml)	125ml	4 tbsp (30g)	3 tbsp (31g)
Vitamin D stars		★ ★	★ ★	★ ★	★ ★	★

Please contact KTPH Dietitian at 6602 2420 or YCH Dietitian at 6807 8584 if you have any nutrition related question.

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