

Cod-Liver Oil Substitutes For VEGETARIANS



Sources of Vitamin D



Dairy products and plant milk fortified with vitamin D

Vitamin D-fortified orange juice and cereals



Mushrooms

Portobello



Maitake

Button

Morel

Shiitake

Sources of Vitamin A



Green leafy vegetables



Red bell peppers



Tomatoes



Mango



Carrots

Sources of Essential Fatty Acids



Some seaweeds and algae contain omega-3 fatty acids that are also available as supplements



Walnut



Edamame



Canola and soybean oil



Chia seeds



Flaxseeds

References

1. Vitamin D; Harvard University
2. Vitamin A; Harvard University
3. Seafood For Vegans? A Dive Into Seaweed And Algae Seafood Nutrition
4. What are Omega-3 Fatty Acids; Eatright