

# Ways To Improve Your Vitamin D Levels During Pregnancy



## Sun exposure





- ☀ About 15 minutes of daily sun exposure may be enough in the late spring, summer, and early fall months
- ☀ Sun exposure through glass windows is not an effective way to get vitamin D



## Food

-  Oily fish (salmon, mackerel, herring, and sardines)
-  Eggs
-  Red meat
-  Mushrooms
-  Fortified milk (including almond or soy milk)
-  Fortified orange juice
-  Fortified cereals

## Supplements

-  Vitamin D supplements may be taken as prescribed by your doctor
-  Supplements are available as ergocalciferol or D2 (vegetarian form) and cholecalciferol or D3 (obtained from fish liver oil or lanolin from sheep)
-  Cholecalciferol supplements are most absorbable for the body
-  Vitamin D3 sourced from lichen (animal-free) is also available

