



# Grocery List

## TO INCREASE YOUR VITAMIN D LEVEL

### Vitamin D:

Vitamin D is a group of fat soluble prohormones that play a critical role in regulating intestinal absorption of calcium, iron, magnesium, phosphate, and zinc. Not technically a vitamin since sunlight triggers its synthesis in skin, vitamin D is a secosteroid molecule, and exerts its effect by activating vitamin D receptors.

Food	Serving Size	Vitamin D (IU)
<input type="checkbox"/> Salmon, Sockeye	75 g (2 ½ oz)	394-636
<input type="checkbox"/> Snapper, cooked	75 g (2 ½ oz)	392
<input type="checkbox"/> Mackerel, Pacific, cooked	75 g (2 ½ oz)	343
<input type="checkbox"/> Salmon, Atlantic	75 g (2 ½ oz)	206-245
<input type="checkbox"/> Tuna, albacore	75 g (2 ½ oz)	99-106
<input type="checkbox"/> Egg, yolk, cooked	2 Large	57-88
<input type="checkbox"/> Beef liver, cooked	75 g (2 ½ oz)	36
<input type="checkbox"/> Cod liver oil	5 mL (1 tsp)	427
<input type="checkbox"/> Mushrooms, Portabello	250 mL (1 cup)	977
<input type="checkbox"/> Milk	250 mL (1 cup)	103-105

Source: Dieticians of Canada. "Food Sources of Vitamin D", and Healthaliciousness.com

### Recipes:

Visit the recipe hub on our website [www.rmalab.com](http://www.rmalab.com) to print off the recipe for these delicious, dishes to help you #HitYourDSpot.

Deviled Eggs

Maple Glazed Salmon

Mexican Quinoa Stuffed Portabello Mushrooms



Rocky Mountain Analytical®  
Changing lives, one test at a time

[www.rmalab.com](http://www.rmalab.com)

[facebook.com/RMALaboratory](https://www.facebook.com/RMALaboratory) [@RMALab](https://twitter.com/RMALab)