

do breastfed babies need a vitamin D supplement?

Many breastfeeding parents have low levels of vitamin D. If your vitamin D levels are low, your milk does not have the recommended amount of vitamin D for your baby.

Ask your baby's health care provider about a vitamin D supplement.

Eat foods that are high in vitamin D.

- **Fish** like salmon, light canned tuna and mackerel
- **Cow's milk**
- **Yogurt, tofu, plant-based milk, breakfast cereals and 100% fruit juices** with vitamin D added
- **Beef liver, cheese and egg yolks**



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