

# Vitamin D Is In Your Milk For Good Reason



*By Ana-Marija Dolaskie — March 30, 2017*

A growing number of parents choose to opt out of giving children their daily dose of milk, and switching to alternatives like almond milk or cashew milk. Perhaps they may think the alternatives offer a bit more calcium than real milk — but this is misleading: Real milk contains both calcium and vitamin D (added in the 1930s due to Rickets — a vitamin D deficiency among children), and the presence of vitamin D helps absorb the calcium.

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