The determinants and longitudinal changes in vitamin D status in middle-age: A Northern Finland Birth Cohort 1966 study.

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### Table 1. Vitamin D fortification in fluid milk products and fat spreads in Nordic countries.

| Product         | Finland[1, 2]                                      | Sweden[1, 3, 4]                           | Norway[5]       | Denmark[6, 7]                 | Iceland[1]                       |
|-----------------|---------------------------------------------------|-------------------------------------------|-----------------|-------------------------------|----------------------------------|
| **Fluid milk products** | 2002: 0.5µg/100g                                 | 2007: extra low-fat milk (<1.5% fat) 0.38-0.5 µg /g | 2006: Extra low fat and lactose free milk, 0.4 µg /100 g | No systematic fortification | No systematic fortification |
|                 | 2010: 1 µg /100 g fluid milk products, lactose-free and vegetable-based alternatives, yoghurt, sourmilk | 2018: milk, fermented milk (≤3% fat), including lactose-free and vegetable-based alternatives 0.75-1.1 µg/100 g |                 |                               |                                  |
| **Fat spread**  | 2002: 10ug/100g                                  | 2007: margarine and cooking fats 7.5-10 µg/100 g | 2006: 10 µg /100 g | No systematic fortification | No systematic fortification |
|                 | 2010: 20ug/100g                                  | 2018: 19.5-21.0 µg/100 g                  |                 |                               |                                  |
| **Other**       |                                                   |                                            | Fortification allowed since 2005 in fat spreads, sports drinks and lactose-free milk products | Some milk products, some domestic foods (most fat spreads) and some imported foods (vegetable oils, cereals) are fortified. |

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