



Selected Food Sources of Vitamin D

Food	IUs/serving*	% DV**
Cod liver oil, 1 tablespoon	1,360	340
Salmon, cooked, 3.5 ounces	360	90
Mackerel, cooked, 3.5 ounces	345	90
Tuna fish, canned in oil, 3 ounces	200	50
Sardines, canned in oil, drained, 1.75 ounces	250	70
Milk, nonfat, reduced fat, and whole, vitamin D-fortified, 1 cup	98	25
Margarine, fortified, 1 tablespoon	60	15
Ready-to-eat cereal, fortified with 10% of the DV for vitamin D, 0.75-1 cup (more heavily fortified cereals might provide more of the DV)	40	10
Egg, 1 whole (vitamin D is found in yolk)	20	6
Liver, beef, cooked, 3.5 ounces	15	4
Cheese, Swiss, 1 ounce	12	4

Note: the best sources of vitamin D in this table include the flesh of fish.

*IUs = International Units.

**DV = Daily Value.

DVs were developed by the U.S. Food and Drug Administration to help consumers compare the nutrient contents of products within the context of a total diet.

The DV for vitamin D is 400 IU for adults and children age 4 and older. Food labels, however, are not required to list vitamin D content unless a food has been fortified with this nutrient. Foods providing 20% or more of the DV are considered to be high sources of a nutrient.

The U.S. Department of Agriculture's Nutrient Database Web site,

<http://www.nal.usda.gov/fnic/foodcomp/search/>, lists the nutrient content of many foods; relatively few have been analyzed for vitamin D content.