

## Sources of Vitamin D

Natural Sources	IU Vitamin D/Serving
Herring	1383 per 3 ounces
Herring, pickled	578 per 3 ounces
Salmon, pink, canned	530 per 3 ounces
Halibut	510 per 3 ounces
Cod liver oil*	450 per teaspoon
Catfish	425 per 3 ounces
Mackerel, Atlantic	306 per 3 ounces
Oyster	272 per 3 ounces
Shitake mushrooms, dried	249 per 4
Sardines, pacific, canned in tomato sauce	213 per 1/2 cup or 182 per sardine
Sardines, atlantic, canned in oil	203 per 1/2 cup or 33 per sardine
Tuna, light meat, canned in oil	200 per 3 ounces
Shrimp	129 per 3 ounces
Egg, cooked	26 per whole egg 25 per yolk

Fortified Sources	IU Vitamin D/Serving
Oatmeal, Quaker Nutrition for Women	140 per packet
Tofu, fortified	120 per 1/5 block
Cow's milk, plain	100 per 8 ounces
Cow's milk, flavored (varies, check label)	100 per 8 ounces
Milk, canned evaporated	102 per 4 ounces
Rice milk, fortified	100 per 8 ounces
Soy milk, fortified	100 per 8 ounces
Orange juice, fortified	100 per 8 ounces
Yogurt, Yoplait original, ultra or custard style	80 per 6 ounces
Pudding, made with fortified milk	50 per 1/2 cup
Cereal, fortified	40 per serving
Yogurt, fortified (Danimals)	40 per 1/2 cup
Egg Beaters	40 per 1/4 cup

### Supplemental Sources IU Vitamin D/Dose

Most multivitamins**	}	Usually 400 IU
Calcium with Vitamin D		Amount varies
Vitamin D only		Amount varies

\* High in retinol \*\* May be high in retinol

USDA National Nutrient Data Base:

<http://www.nal.usda.gov>