

Appendix 12.

Food Sources of Vitamin D

Table A12-1.

Vitamin D: Food Sources Ranked by Amounts of Vitamin D & Energy per Standard Food Portions & per 100 Grams of Foods

Food	Standard Portion Size	Calories in Standard Portion ^[a]	Vitamin D in Standard Portion (µg) ^[a,b]	Calories per 100 grams ^[a]	Vitamin D per 100 grams (µg) ^[a,b]
Salmon, Sockeye, Canned	3 ounces	142	17.9	167	21.0
Trout, Rainbow, Farmed, Cooked	3 ounces	143	16.2	168	19.0
Salmon, Chinook, Smoked	3 ounces	99	14.5	117	17.1
Swordfish, Cooked	3 ounces	146	14.1	172	16.6
Sturgeon, Mixed Species, Smoked	3 ounces	147	13.7	173	16.1
Salmon, Pink, Canned	3 ounces	117	12.3	138	14.5
Fish Oil, Cod Liver	1 tsp	41	11.3	902	250
Cisco, Smoked	3 ounces	150	11.3	177	13.3
Salmon, Sockeye, Cooked	3 ounces	144	11.1	169	13.1
Salmon, Pink, Cooked	3 ounces	130	11.1	153	13.0
Sturgeon, Mixed Species, Cooked	3 ounces	115	11.0	135	12.9

Food	Standard Portion Size	Calories in Standard Portion^[a]	Vitamin D in Standard Portion (µg)^[a,b]	Calories per 100 grams^[a]	Vitamin D per 100 grams (µg)^[a,b]
Whitefish, Mixed Species, Smoked	3 ounces	92	10.9	108	12.8
Mackerel, Pacific & Jack, Cooked	3 ounces	171	9.7	201	11.4
Salmon, Coho, Wild, Cooked	3 ounces	118	9.6	139	11.3
Mushrooms, Portabella, Exposed to Ultraviolet Light, Grilled	½ cup	18	7.9	29	13.1
Tuna, Light, Canned in Oil, Drained	3 ounces	168	5.7	198	6.7
Halibut, Atlantic & Pacific, Cooked	3 ounces	94	4.9	111	5.8
Herring, Atlantic, Cooked	3 ounces	173	4.6	203	5.4
Sardine, Canned in Oil, Drained	3 ounces	177	4.1	208	4.8
Rockfish, Pacific, Mixed Species, Cooked	3 ounces	93	3.9	109	4.6
Whole Milk^[c]	1 cup	149	3.2	61	1.3
Whole Chocolate Milk^[c]	1 cup	208	3.2	83	1.3
Tilapia, Cooked	3 ounces	109	3.1	128	3.7
Flatfish (Flounder & Sole), Cooked	3 ounces	73	3.0	86	3.5
Reduced Fat Chocolate Milk (2%)^[c]	1 cup	190	3.0	76	1.2

Table A12-1. (continued...)

Vitamin D: Food Sources Ranked by Amounts of Vitamin D & Energy per Standard Food Portions & per 100 Grams of Foods

Food	Standard Portion Size	Calories in Standard Portion ^[a]	Vitamin D in Standard Portion (µg) ^[a,b]	Calories per 100 grams ^[a]	Vitamin D per 100 grams (µg) ^[a,b]
Yogurt (Various Types & Flavors) ^[c]	8 ounces	98-254	2.0-3.0	43-112	0.9-1.3
Milk (Non-Fat, 1% & 2%) ^[c]	1 cup	83-122	2.9	34-50	1.2
Soy milk ^[c]	1 cup	109	2.9	45	1.2
Low-Fat Chocolate Milk (1%) ^[c]	1 cup	178	2.8	71	1.1
Fortified Ready-to-Eat Cereals (Various) ^[c]	½-1¼ cup	74-247	0.2-2.5	248-443	0.8-8.6
Orange Juice, Fortified ^[c]	1 cup	117	2.5	47	1.0
Almond Milk (All Flavors) ^[c]	1 cup	91-120	2.4	38-50	1.0
Rice Drink ^[c]	1 cup	113	2.4	47	1.0
Pork, Cooked (Various Cuts)	3 ounces	122-390	0.2-2.2	143-459	0.2-2.6
Mushrooms, Morel, Raw	½ cup	10	1.7	31	5.1
Margarine (Various) ^[c]	1 Tbsp	75-100	1.5	533-717	10.7
Mushrooms, Chanterelle, Raw	½ cup	10	1.4	38	5.3
Egg, Hard-Boiled	1 large	78	1.1	155	2.2

[a] Source: U.S Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. 2014. USDA National Nutrient Database for Standard Reference, Release 27. Available at: <http://www.ars.usda.gov/nutrientdata>.

[b] 1 µg of vitamin D is equivalent to 40 IU.

[c] Vitamin D fortified.