

Food Sources of Vitamin D

Food	International Units (IU) per serving
Cod liver oil, 1 tbsp	1360
Salmon, cooked, 3 ½ oz	360
Mackerel, cooked, 3 ½ oz	345
Tuna fish, canned in oil, 3 oz	200
Sardines, canned in oil, drained, 1 ¾ oz	250
Milk, nonfat, reduced fat, whole, vitamin D fortified, 1 cup	98
Margarine, fortified, 1 tbsp	60
Pudding, from mix and made with vitamin D fortified milk, ½ cup	50
Ready-to-eat cereals fortified with 10% of the DV (daily value) for vitamin D, ¾ cup to 1 cup serving	40
Egg, 1 whole (vitamin D is in egg yolk)	20
Liver, beef, cooked, 3 ½ oz	15
Cheese, Swiss, 1 oz	12