

Vitamin D sources in Foods

Food	International Units	%DV *
Cod Liver Oil, 1 Tbs.	1,360	340
Salmon, cooked, 3 1/2 oz	360	90
Mackerel, cooked, 3 1/2 oz	345	90
Sardines, canned in oil, drained, 3 1/2 oz	270	70
Eel, cooked, 3 1/2 oz	200	50
Milk, nonfat, reduced fat, and whole, vitamin D fortified, 1 c	98	25
Margarine, fortified, 1 Tbs.	60	15
Cereal grain bars, fortified w/ 10% of the DV, 1 each	50	10
Pudding, 1/2 c prepared from mix and made with vitamin D fortified milk	50	10
Dry cereal, Vit D fortified w/10%* of DV, 3/4 c	40-50	10
* Other cereals may be fortified with more or less vitamin D		
Liver, beef, cooked, 3 1/2 oz	30	8
Egg, 1 whole (vitamin D is present in the yolk)	25	6

From the National Institute of Health: www.cc.nih.gov/ccc/supplements/vitd.html#food
 DV = Daily Value. DVs are reference numbers based on the Recommended Dietary Allowance (RDA). They were developed to help consumers determine if a food contains very much of a specific nutrient. The DV for vitamin D is 400 IU. The percent DV (%DV) listed on the nutrition facts panel of food labels tells adults what percentage of the DV is provided by one serving. Percent DVs are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. Foods that provide lower percentages of the DV will contribute to a healthful diet.

CALCIUM Table Source: National Dairy Council