

Food Sources: Vitamin D

Food	Standard Portion Size	Calories in Standard Portion	Vitamin D in Standard Portion (IU)
Salmon, sockeye, canned	3 ounces	142	716
Trout, rainbow, farmed, cooked	3 ounces	143	648
Salmon, chinook, smoked	3 ounces	99	580
Swordfish, cooked	3 ounces	146	576
Sturgeon, mixed species, smoked	3 ounces	147	548
Salmon, pink, canned	3 ounces	117	492
Fish oil, cod liver	1 tsp	41	452
Cisco, smoked	3 ounces	150	452
Salmon, sockeye, cooked	3 ounces	144	444
Salmon, pink, cooked	3 ounces	130	444
Sturgeon, mixed species, cooked	3 ounces	115	440
Whitefish, mixed species, smoked	3 ounces	92	436
Mackerel, Pacific and jack, cooked	3 ounces	171	388
Salmon, coho, wild, cooked	3 ounces	118	384
Mushrooms, portabella, Exposed to Ultraviolet Light, grilled	½ cup	18	316
Tuna, light, canned in oil, drained	3 ounces	168	228
Halibut, Atlantic and Pacific, cooked	3 ounces	94	196
Herring, Atlantic, cooked	3 ounces	173	184
Sardine, canned in oil, drained	3 ounces	177	164
Rockfish, Pacific, mixed species, cooked	3 ounces	93	156
Whole milk	1 cup	149	128
Whole chocolate milk	1 cup	208	128
Tilapia, cooked	3 ounces	109	124

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Flatfish (flounder and sole), cooked	3 ounces	73	120
Reduced fat chocolate milk (2%)	1 cup	190	120
Yogurt (various types and flavors)	8 ounces	98-254	80-120
Milk (non-fat, 1% and 2%)	1 cup	83-122	116
Soy milk	1 cup	109	116
Low-fat chocolate milk (1%)	1 cup	178	112
Fortified ready-to-eat cereals (various)	1/3-1 1/4 cup	74-247	8-100
Orange juice, fortified	1 cup	117	100
Almond milk (all flavors)	1 cup	91-120	96
Rice drink	1 cup	113	96
Pork, cooked (various cuts)	3 ounces	122-390	8-88
Mushrooms, morel, raw	1/2 cup	10	60
Margarine (various)	1 Tbsp	75-100	60
Mushrooms, Chanterelle, raw	1/2 cup	10	56
Egg, hard-boiled	1 large	78	44

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>