

Food sources of Vitamin D

Fluid milk and margarine are fortified with vitamin D (usually as vitamin D₃), but dairy products made from milk (e.g., cheese, yogurt, ice cream, coffee cream) are not fortified. Significant amounts of vitamin D occur naturally in only a few foods, primarily fatty fish and fish oils.

Food	Portion	Vitamin D (mcg)	Vitamin D (IU)
Cod liver oil	1 Tbs/15 mL	34	1,360 IU
Salmon, cooked	3 ½ oz/100 g	9	360 IU
Mackerel, cooked	3 ½ oz/100 g	8.6	345 IU
Sardines, canned in oil, drained	3 ½ oz/100 g	6.8	270 IU
Tuna, light meat, canned in oil, drained	3 ½ oz/100 g	6	240 IU
Milk, fluid	1 cup/250 mL	2.5	98 IU
Margarine, fortified	2 tsp/10 mL	1.4	56 IU
Liver, beef, cooked	3 ½ oz/100 g	0.8	30 IU
Egg, (vitamin D is present in the yolk)	1 egg	0.6	25 IU