

Foods High in Vitamin D

Food	IUs per serving*
Cod liver oil, 1 tablespoon	1,360
Salmon, cooked, 3.5 ounces	360
Mackerel, cooked, 3.5 ounces	345
Tuna fish, canned in oil, 3 ounces	200
Sardines, canned in oil, drained, 1.75 ounces	250
Milk, nonfat, reduced fat, and whole, vitamin D-fortified, 1 cup	98
Margarine, fortified, 1 tablespoon	60
Ready-to-eat cereal, fortified with 10% of the DV for vitamin D, 0.75-1 cup	40
Egg, 1 whole (vitamin D is found in the <u>egg yolk</u>)	20
Liver, beef, cooked, 3.5 ounces	15
Cheese, Swiss, 1 ounce	12