

High Vitamin D Foods

Food	Serving (Imperial)	Serving (Metric)	Vitamin D Amount (mg)	% RDA (DV)
Salmon. Sockeye, cooked	3 oz	85 g	447	56%
Tuna, canned, water	3 oz	85 g	154	19%
Orange juice, fortified,	1 cup	240 ml	137	17%
Milk, fortified	1 cup	240 ml	120	15%
Yogurt, fortified, 20% DV	6 oz	170 g	80	10%
Sardines, canned, oil	2 sardines	25 g	46	6%
Liver, beef	3 oz	85 g	42	5%
Egg	1 large	50 g	41	5%
Breakfast cereal, fortified, 10% DV	1 serving	28 – 56 g	40	5%
Cheese, swiss	1 oz	28 g	6	1%

Adult U.S.RDA (Recommend Dietary Allowance)

20 mcg (800 IU) Male

20 mcg (800 IU) Female

Vitamin D is primarily made by your body from exposure to the sun's ultraviolet (UV) rays. People with limited sun exposure or who use sunscreen may develop a vitamin D deficiency.