

Food Sources of Vitamin D

Information about Vitamin D

- Vitamin D is a fat-soluble vitamin. This means that your body can store extra amounts of vitamin D.
- It is important to get enough vitamin D from your diet because it helps our bodies absorb and use calcium and phosphorus for strong bones and teeth. Vitamin D can help protect older adults against osteoporosis.
- Vitamin D can also protect against infections by keeping your immune system healthy.
- It may help reduce the risk of developing chronic diseases such as multiple sclerosis and certain types of cancer, such as colorectal cancer but this is still being studied.

How Much Vitamin D Should I Aim For?

<i>Age in years</i>	<i>Aim for an intake of international units (IU)/day</i>	<i>Stay below* IU/day</i>
Men and Women 19-50	600	4000
Men and Women 51-70	600	4000
Men and Women 71 and older	800	4000
Pregnant and Breastfeeding Women 19 and older	600	4000

*This includes sources of vitamin D from food and supplements

- Health Canada advises adults over the age of 50 to take a vitamin D supplement of 400 international units (IU) each day.

Food Sources of Vitamin D

Vitamin D is not found naturally in many commonly consumed foods. In Canada, foods such as milk and margarine and some soy or rice beverages and yogurts have vitamin D added to them. Good food sources of vitamin D include certain kinds of fish, egg yolks and milk.

Food	Serving Size	Vitamin D (IU)
Vegetables and Fruit	This food group contains very little of this nutrient.	
Orange juice, fortified with vitamin D	125 mL (½ cup)	50
Grain Products	This food group contains very little of this nutrient.	
Milk and Alternatives		
Soy beverage, fortified with vitamin D and omega-3	250 mL (1 cup)	123
Milk (3.3% homo, 2%, 1%, skim, chocolate milk)	250 mL (1 cup)	103-105
Skim milk powder	24 g (will make 250 mL of milk)	103
Goat's milk, fortified with vitamin D	250 mL (1 cup)	100
Soy, rice or almond beverage, fortified with vitamin D	250 mL (1 cup)	88-90
Yogurt (plain, fruit bottom), fortified with vitamin D	175 g (¾ cup)	58-71

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Meat and Alternatives

Fish and Seafood

Salmon, Sockeye/red, canned, cooked or raw	75 g (2 ½ oz)	530-699
Salmon, humpback/pink, canned, cooked or raw	75 g (2 ½ oz)	351-497
Salmon, coho, raw or cooked	75 g (2 ½ oz)	326-421
Snapper, cooked	75 g (2 ½ oz)	392
Salmon, chinook, raw or cooked	75 g (2 ½ oz)	319-387
Whitefish, lake, cooked	75 g (2 ½ oz)	369
Mackerel, Pacific, cooked	75 g (2 ½ oz)	342
Salmon, Atlantic, raw or cooked	75 g (2 ½ oz)	181-246
Salmon, chum/keta, raw or cooked	75 g (2 ½ oz)	203-221
Mackerel, canned	75 g (2 ½ oz)	219
Herring, Atlantic, pickled	75 g (2 ½ oz)	210
Trout, cooked	75 g (2 ½ oz)	150-210
Herring, Atlantic, cooked	75 g (2 ½ oz)	161
Roe, raw	30 g (1 oz)	145
Sardines, Pacific, canned	75 g (2 ½ oz)	144
Halibut, cooked	75 g (2 ½ oz)	144
Tuna, albacore, raw or cooked	75 g (2 ½ oz)	82-105

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Mackerel, Atlantic, cooked	75 g (2 ½ oz)	78
Tuna, white, canned with water	75 g (2 ½ oz)	60
Meat and Alternatives		
Egg, yolk, cooked	2 large	52-64
Pork, various cuts, cooked	75 g (2 ½ oz)	6-60
Deli meat (pork, beef, salami, bologna)	75 g (2 ½ oz)/ 3 slices	30-54
Beef liver, cooked	75 g (2 ½ oz)	36
<i>Fats and Oils</i>		
Cod liver oil	5 mL (1 tsp)	427
Margarine	5 mL (1 tsp)	25

Source: "Canadian Nutrient File 2010", www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php. [Accessed on March 30, 2012].

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