

Food Sources of Vitamin D

Salmon	3 oz. cooked	447 IU
Tuna, canned in water	3 oz.	154 IU
Orange juice *	1 cup	137 IU
Milk**	1 cup	115-124 IU
Yogurt*	1 serving	80 IU
Sardines	2 sardines	46 IU
Liver, beef	3 oz.	42 IU
Egg	1 large	41 IU
Cereal, ready to eat*	varied	40 IU

*fortified

** non fat, reduced fat, whole

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