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Selected food sources of vitamin D

Food	Amount per serving	
	In international units (IU)	In micrograms (mcg)
Cod liver oil, 1 tablespoon (15 mL)	1360	34
Salmon (sockeye), cooked, 3 ounces (85 g)	380 to 570*	9.5 to 14*
Mushrooms that have been exposed to ultraviolet light to increase vitamin D, 3 ounces (85 g) (not yet commonly available)	889	22.3
Mackerel, cooked, 3 ounces (85 g)	388	9.7
Tuna fish, canned in water, drained, 3 ounces (85 g)	40 to 68	1 to 2
Milk, nonfat, reduced fat, and whole, vitamin D-fortified, 8 ounces (240 mL)	100	2.5
Orange juice fortified with vitamin D, 8 ounces (240 mL) (check product labels, as amount of added vitamin D varies)	100	2.5
Yogurt, fortified with vitamin D, 6 ounces (180 mL) (more heavily fortified yogurts provide more of the DV)	80	2
Margarine, fortified, 1 tablespoon (15 g)	60	1.5
Sardines, canned in oil, drained, 2 sardines	46	1
Liver, beef, cooked, 3.5 ounces (100 g)	46	1
Ready-to-eat cereal, fortified with vitamin D, 6 to 8 ounces (227 g) (more heavily fortified cereals might provide more of the DV)	40	1
Egg, 1 whole (vitamin D is found in yolk)	25	0.6
Cheese, Swiss, 1 ounce (29 g)	6	0

In the United States, reference values are listed on food labels as a percentage of DVs (%DV), based on a 2000 calorie daily energy intake.

#: percent; DV: daily value.

* Vitamin D content of fish varies substantially even within species. Wild salmon tends to have higher vitamin D content than farmed salmon.

Data from: US Department of Agriculture, Agricultural Research Service. USDA Nutrient Database for Standard Reference, Release 28 (2015). Revised May 2016.

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