

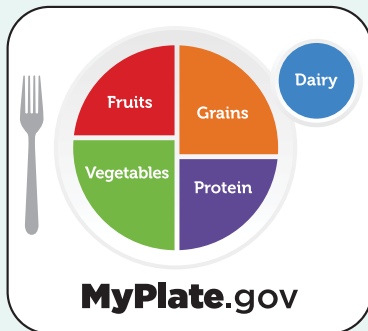
Food Sources of Vitamin D

Getting enough vitamin D is important for strong bones and overall health. Eating a variety of nutrient-dense foods from all food groups can help you meet your needs.



Did you know that you can get vitamin D from many different food groups?

Here are a few examples:



Protein

Some seafood, such as rainbow trout, salmon, or canned light tuna



Dairy

Low-fat or fat-free milk, yogurt, or kefir, including lactose-free versions and fortified soy milk



Vegetables

Some mushrooms



Fruits

Fortified 100% orange juice

Looking for more sources of vitamin D to enjoy?

Use this list to identify foods and drinks that fit your culture and lifestyle. It can be hard to get enough vitamin D from foods and drinks that contain it naturally. Consider choosing some foods and drinks fortified with vitamin D as part of a healthy eating routine and talk to your healthcare provider about whether you need a supplement.



Your body can also make vitamin D from sunlight. Learn how to practice sun safety at: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm.

Nutrient-dense Food and Beverage Sources of Vitamin D

FOOD	STANDARD PORTION	VITAMIN D (IU)	PLAN TO TRY	MY FAVORITES
Protein Foods				
Rainbow trout, freshwater	3 ounces	645		
Salmon (various)	3 ounces	383-570		
Light tuna, canned	3 ounces	231		
Herring	3 ounces	182		
Sardines, canned	3 ounces	164		
Tilapia	3 ounces	127		
Flounder	3 ounces	118		

FOOD	STANDARD PORTION	VITAMIN D (IU)	PLAN TO TRY	MY FAVORITES
Dairy and Fortified Soy Alternatives				
Soy beverage (soy milk), unsweetened	1 cup	119		
Milk, low fat (1%)	1 cup	117		
Yogurt, plain, nonfat	8 ounces	116		
Yogurt, plain, low fat	8 ounces	116		
Milk, fat free (skim)	1 cup	115		
Kefir, plain, low fat	1 cup	100		
Cheese, American, low fat or fat free, fortified	1 1/2 ounces	85		
Vegetables				
Mushrooms, raw (various)*	1 cup	0-1,110		
Fruits				
Orange juice, 100%, fortified	1 cup	100		
Other Sources				
Almond beverage (almond milk), unsweetened, fortified	1 cup	107		
Rice beverage (rice milk), unsweetened, fortified	1 cup	101		

Notes:

* Mushrooms provide variable amounts of vitamin D. Some mushrooms available on the market have been treated with UV light to increase their levels of vitamin D.

All foods listed are assumed to be in nutrient-dense forms: lean or low-fat and prepared with minimal or no added sugars, saturated fat, and sodium.

Some fortified foods and beverages are included. Other fortified options may exist on the market, but not all fortified foods are nutrient-dense. For example, some foods with added sugars may be fortified and would not be examples in the lists provided here.

Some foods or beverages are not appropriate for all ages, particularly young children for whom some foods could be a choking hazard.

This list includes "standard" portions, which provide at least 80 IU vitamin D. Portions listed are not necessarily recommended serving sizes.

Seafood varieties include "Best Choices" from the FDA/EPA joint "Advice About Eating Fish" available at [FDA.gov/fishadvice](https://www.fda.gov/fishadvice).

Data Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

Want to learn more about what and how much to eat?
 The **MyPlate Plan** can help you find your personalized food group goals.
 To get started, visit <https://www.myplate.gov/myplate-plan>.

