

# 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.

<b>Food</b>	<b>Serving Size</b>	<b>Vitamin D (IU)</b>
<b>Vegetables and Fruit</b>	This food group contains very little of this nutrient.	
Orange juice, fortified with vitamin D	125 mL (½ cup)	50
<b>Grain Products</b>	This food group contains very little of this nutrient.	
<b>Milk and Alternatives</b>		
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**

<b>Fish and Seafood</b>		
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
<b>Meat and Alternatives</b>		
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
<b>Fats and Oils</b>		
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](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php). [Accessed on March 30, 2012].

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