

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 IU each day.

Vitamin D Content of Some Common Foods

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.

<i>Food</i>	<i>Serving Size</i>	<i>Vitamin D (IU)</i>
<i>Vegetables and Fruit</i>	This food group contains very little of this nutrient.	
Orange juice, fortified with vitamin D	125 mL (½ cup)	50
<i>Grains and Grain Products</i>	This food group contains very little of this nutrient.	
<i>Protein Foods</i>		
<i>Milk and Alternatives</i>		
Soy beverage, fortified with vitamin D	250 mL (1 cup)	86
Milk (3.3% homo, 2%, 1%, skim, chocolate milk)	250 mL (1 cup)	103-105
Skim milk powder	24 g (makes 250 mL)	103
<i>Meat and Meat Alternatives</i>		
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>Fish and Seafood</i>		
Salmon, sockeye/red, raw, cooked or canned	75 g (2 ½ oz)	394-636
Salmon, humpback/pink, raw, cooked or canned	75 g (2 ½ oz)	392-447
Salmon, coho, raw or cooked	75 g (2 ½ oz)	338-422

<i>Food</i>	<i>Serving Size</i>	<i>Vitamin D (IU)</i>
Snapper, cooked	75 g (2 ½ oz)	392
Salmon, chinook, raw or cooked	75 g (2 ½ oz)	382-387
Whitefish, lake, cooked	75 g (2 ½ oz)	135
Mackerel, Pacific, cooked	75 g (2 ½ oz)	343
Salmon, Atlantic, raw or cooked	75 g (2 ½ oz)	206-245
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)	202
Trout, cooked	75 g (2 ½ oz)	148-208
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)	99-106
Mackerel, Atlantic, cooked	75 g (2 ½ oz)	78
Tuna, white, canned with water	75 g (2 ½ oz)	60
Egg yolks	2 medium	47
<i>Fats and Oils</i>		
Cod liver oil	5 mL (1 tsp)	427
Margarine	5 mL (1 tsp)	25-36

<i>Food</i>	<i>Serving Size</i>	<i>>Vitamin D (IU)</i>
<i>Other</i>		
Goat's milk, fortified with Vitamin D	250 mL (1 cup)	100
Rice, oat, almond beverage, fortified with Vitamin D	250 mL (1 cup)	85-90
Mushrooms (oyster, portobello and shiitake), cooked	125 mL (½ cup)	9-21

Source: "Canadian Nutrient File 2015", www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php. [Accessed on Oct 17 2016].

Distributed by: