



Food Sources: Vitamin D

Vitamin D is a fat-soluble vitamin that plays a crucial role in bone health, immune function, muscle function, and calcium and phosphorus balance in the body. It can be obtained through sunlight exposure, certain foods, and supplements.

Vitamin D deficiency is relatively common, particularly in individuals who have limited sun exposure, darker skin, or difficulty absorbing fat. Maintaining adequate vitamin D levels is important for bone strength, immune support, and overall health.

The RDA for vitamin D is as follows:

- Adults, 19–70 years: 600 IU (15 mcg) per day
- Adults, 71+ years: 800 IU (20 mcg) per day
- Pregnancy & Lactation, 19+: 600 IU (15 mcg) per day

Food, standard serving size
Average Vitamin D Content

- Cod liver oil, 1 tsp – 450 IU (11 mcg)
- Salmon, wild-caught, 3 oz – 570 IU (14 mcg)
- Salmon, farmed, 3 oz – 250 IU (6 mcg)
- Sardines, canned, 3 oz – 250 IU (6 mcg)
- Mackerel, 3 oz – 345 IU (9 mcg)
- Tuna, canned in water, 3 oz – 154 IU (4 mcg)
- Fortified milk, 1 cup – 115–124 IU (3 mcg)
- Fortified orange juice, 1 cup – 100 IU (2.5 mcg)
- Fortified breakfast cereal, 1 serving – 40 IU (1 mcg)
- Egg yolk, 1 large – 41 IU (1 mcg)
- Mushrooms (UV-exposed), ½ cup – 366 IU (9 mcg)