

*Module 3, Lesson 3 Tool:*

**Sources of Vitamin D in the Diet**

Vitamin D helps increase calcium absorption in the gut and plays many important roles in the body. For people 19-50 years old, it's recommended to aim for a vitamin D intake of 600mcg per day. Many products are fortified with vitamin D, because it's not naturally found in most foods. Below are some examples of the vitamin D content in specific foods.

Food	Serving Size	Vitamin D mcg
Salmon, sockeye	3 oz	17.9
Trout, rainbow	3 oz	16.2
Swordfish	3 oz	14.1
Salmon, pink	3 oz	12.3
Fish oil, cod liver	1 teaspoon	11.3
Mackerel, pacific and jack	3 oz	9.7
White mushrooms, raw	½ cup	9.2
Halibut, atlantic and pacific	3 oz	4.9
Sardines	3 oz	4.1
Tilapia	3 oz	3.1
Fortified milk	1 cup	2.9
Fortified orange juice	1 cup	2.5
Sardines	2 pieces	1.2
Egg yolk	1 egg	1.1
Tuna	3 oz	1
Liver, beef	3 oz	1