

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.

| Food | Serving Size | Vitamin D (IU) |
|------------------------------------------------|--------------------------------------------------------|-----------------------|
| Vegetables and Fruit | This food group contains very little of this nutrient. | |
| Orange juice, fortified with vitamin D | 125 mL (½ cup) | 50 |
| Grains and Grain Products | This food group contains very little of this nutrient. | |
| Protein Foods | | |
| <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 |

| Food | Serving Size | Vitamin D (IU) |
|----------------------------------|---------------------|-----------------------|
| 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 |
| Fats and Oils | | |
| Cod liver oil | 5 mL (1 tsp) | 427 |

| | | |
|------------------------------------------------------|---------------------|---------------------------|
| Margarine | 5 mL (1 tsp) | 25-36 |
| Food | Serving Size | >Vitamin D (IU) |
| Other | | |
| 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: