

Top 12 Sources of Vitamin D

600IU/day for women & men age 19-70
800IU/day for women & men age 71+



3oz =
645IU

Rainbow Trout



3oz = 383
- 570IU

Salmon



3oz =
231IU

Canned Tuna



3oz =
164IU

Canned Sardines



3oz =
127IU

Tilapia



1c =
119IU

**Soy milk,
Unsweetened**



3oz =
118IU

Flounder



1c =
117IU

Nonfat Yogurt



1c =
~116IU

Nonfat Milk



1c = 114
- 1,110IU

Mushrooms



1c =
107IU

Almond Milk, Unsweetened



1c =
100IU

**Orange Juice,
Fortified**