

Vitamin D

Fact Sheet

Vitamin D is a unique fat-soluble vitamin, as the body produces it when the skin is exposed to UV light. It acts more like a hormone than a vitamin once it is in the body. Deficiency can cause improper mineralization of bone tissue, which leads to soft bones and skeletal deformities like rickets. To learn more about this vitamin, be sure to read our blog!

How much do you need?

Age	Daily Recommended Intake (IU)	
	Female	Male
0-12 months	400	400
1-18 years	600	600
19-50 years	600	600
50-69 years	600	600
≥ 70 years	800	800
Pregnancy	600	
Lactation	600	
Upper Limit	4000	4000

How much is that in terms of food?

Food	Serving Size	Vitamin D (IU)	Food	Serving Size	Vitamin D (IU)
Fish and Shellfish					
Turbot	75g	1053	Sea Bass	75g	215
Cod liver oil	10 ml	855	Trout, Rainbow	75g	210
Swordfish	75g	760	Rockfish	75g	186
Eel	75g	699	Shad	75g	184
Salmon, sockeye	75g	699	Sardine, canned	75g	144
Whitefish	75g	684	Halibut	75g	144
Arctic Char	75g	627	Pickrel	75g	138
Salmon, sockeye, canned	75g	596	Tialpia	75g	120
Fish roe	75g	465	Bluefish	75g	111
Steelhead trout, canned	75g	452	Tuna, Yellowfin-Albacore, Ahi	75g	105
Salmon, pink, baked/canned	75g	440	Pike	75g	96
Catfish	75g	426	Pollock, Walleye	75g	76
Snapper	75g	392	Tuna, white, canned	75g	60
Salmon, Coho	75g	392	Anchovy, canned	75g	52
Sturgeon	75g	387	Catfish	75g	51
Salmon, Chinook	75g	387	Sole, Flounder	75g	44
Mackerel	75g	342	Mahi Mahi	75g	42
Tuna	75g	219	Tuna, light, canned	75g	36
Mackerel, canned	75g	219	Orange Roughy	75g	30
Other					
Eggs	1 egg	30	Dry skim milk powder	2 tbsp	103
Mushrooms, Maitake	125ml	430	Milk, fluid	1 cup	103
Mushrooms, Shitake, dried	10 pieces	56	Soy Beverage, fortified	1 cup	87
Pork Loin	75g	27	Margarine	1 tsp	25

How to get your daily total:

Option 1	
2 ½ oz Turbot for lunch or dinner	1053
Total = 1053 IU	



Option 2	
1 cup homemade mushroom soup made with maitake mushrooms	860
Total = 860 IU	