

Provisional Table on the Vitamin D Content of Foods

The values in this table are superseded by those in the USDA National Nutrient Database for Standard Reference, Release 16. Access to this table is provided here for those users who may wish to use it for historical reasons.

For research use only

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**Provisional Table on the Vitamin D Content of Foods
(100 Grams Edible Portion)**

NDB No.	Food item	Vitamin D
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Users of this table should keep in mind that the data are provisional. Critical review of available data and further investigation will be necessary before definitive information can be published.

BREAKFAST CEREALS

Items not in the National Nutrient Data Bank have not been assigned NDB numbers.

mcg = microgram

IU = International Unit (1.0 mcg = 40 IU)

Breakfast Cereals have been removed from this table due to numerous changes in fortification levels. Updated vitamin D values for breakfast cereals will be published in the USDA Nutrient Database for Standard Reference, starting with Release 13.

Nutrient Data Research Branch
Nutrition Monitoring Division
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Continued--

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NDB No.	Food item	Vitamin D	
		mcg	IU
DAIRY AND EGG PRODUCTS			
Milk, cow, fortified: ²			
01077	Whole, 3.3% fat	1.0	40
01079	Lowfat, 2% fat	1.0	40
01080	Lowfat, 2% fat with nonfat milk solids added	1.0	40
01081	Lowfat, 2% fat, protein fortified	1.0	40
01082	Lowfat, 1% fat	1.0	40
01083	Lowfat, 1% fat, with nonfat milk solids added	1.0	40
01084	Lowfat, 1% fat, protein fortified	1.0	40
01085	Skim	1.0	40
01086	Skim, with nonfat milk solids added	1.0	40
01087	Skim, protein fortified	1.0	40
01090	Dry, whole	7.8	312
01091	Dry, nonfat, regular	8.3	332
01092	Dry, nonfat, instantized	11.0	440
01097	Evaporated, skim	2.0	80
01102	Chocolate, whole	1.0	40
01103	Chocolate, lowfat, 2% fat	1.0	40
01104	Chocolate, lowfat, 1% fat	1.0	40
Milk, cow, fluid, whole, unfortified: ³			
---	Summer	0.08	3
---	Winter	0.03	1
---	Season not specified	0.06	2
01106	Milk, goat, whole, fluid	0.3	12
01107	Milk, human, whole, fluid	0.09	4
Cheese:			
01007	Camembert	0.3	12
01009	Cheddar	0.3	12
01018	Edam	0.9	36
01033	Parmesan	0.7	28
01040	Swiss	1.1	44
01053	Cream, heavy whipping, fluid	1.3	52
Egg, chicken:			
01123	Whole, fresh or frozen	1.3	52
01133	Whole, dried	4.7	188
01124	White, fresh	0	0
01125	Yolk, fresh	3.7	148

²Fortified so that one quart of milk contains 10 mcg or 400 IU of Vitamin D.

³Level of Vitamin D varies with season.

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FAST FOODS			
Cheeseburger:			
21089	Regular	0.3	12
21096	4-ounce	0.3	12
21018	Eggs, scrambled	1.7	68
21021	English muffin with egg, cheese, and bacon	0.8	32
21106	Fish sandwich, regular, with cheese	0.5	20
Hamburger:			
21107	Regular	0.3	12
21110	Double meat and double-decker roll	0.4	16
21112	4-ounce patty, regular roll	0.4	16
21028	Ice cream cone	0.2	8
Shake:			
14346	Chocolate	0.4	16
14428	Strawberry	0.2	8
14347	Vanilla	0.2	8
Sundae:			
21032	Caramel	0.2	8
21033	Hot Fudge	0.3	12
21034	Strawberry	0.3	12
FATS			
01001	Butter	1.4	56
	Margarine, fortified ⁴	11.0	429
Brand names removed due to fortification changes			
---	Margarine, unfortified	0	0
Fish oils:			
Cod liver:			
---	Medicinal, regular	417.5	16,700
---	Medicinal, high-potency	1,010.0	40,400
---	Low-potency	125.0	5,000
---	Commercial, refined	250.0	10,000
---	Dogfish liver	60.5	2,420
---	Halibut liver	9,200.0	368,000
---	Mackerel	3,250.0	130,000
---	Rockfish liver	2,445.0	97,800
---	Sardine, Atlantic or Pacific	8.3	332
---	Swordfish liver	17,325.0	693,000
---	Tuna liver	3,250.0	130,000
---	Fish oil, unspecified	5.0	200

⁴Values based on label claim information.

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FISH AND RELATED PRODUCTS			
Finfish, fillet, raw:			
15010	Catfish, channel	12.5	500
15015	Cod	1.1	44
---	Eel, European	5.0	200
15028	Flounder	1.5	60
---	Garfish	8.5	340
15038	Halibut, Greenland	15.0	600
15039	Herring, Atlantic	40.7	1,628
15046	Mackerel, Atlantic	9.0	360
Finfish roe, canned:			
15012	Caviar, sturgeon	5.8	232
15017	Cod	2.1	84
Herring:			
15041	Pickled	17.0	680
15042	Smoked	3.0	120
Mackerel, Atlantic:			
---	Canned in oil	5.7	228
---	Canned in tomato sauce	6.0	240
Mackerel, Pacific:			
---	Canned in oil	6.3	252
Salmon, canned:			
---	Chinook	8.1	324
---	Chum	5.6	224
---	Pink	15.6	624
Sardines:			
15088	Atlantic, canned in oil	6.8	272
---	Pacific, canned in oil	8.3	332
15089	Unspecified, canned in tomato sauce	12.0	480
Shellfish:			
15157	Clam	0.1	4
15167	Oyster	8.0	320
15149	Shrimp	3.8	152
---	Sprat, smoked	3.0	120
15119	Tuna, light meat, canned in oil, drained	5.9	236

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MEAT AND RELATED PRODUCTS			
Beef:			
13323	Kidney	0.8	32
---	Lean cuts	0.3	12
13325	Liver	0.4	16
Bologna:			
07007	Beef	0.7	28
07008	Beef and pork	1.1	44
07010	Pork	1.4	56
---	Bratwurst, pork, smoked	1.1	44
07014	Braunschweiger	1.2	48
Frankfurter:			
07022	Beef	0.9	36
07023	Beef and pork	0.9	36
Loaves:			
07088	Beef, honeyroll	1.0	40
Pork:			
07032	Ham and cheese	1.1	44
07060	Luxury	0.7	28
07061	Mother's loaf	1.0	40
07051	Olive	1.1	44
07058	Pickle and pimiento	1.1	44
Pork and beef:			
07001	Barbecue	0.9	36
07035	Honey	0.9	36
07021	Old-fashioned	1.0	40
07056	Peppered	0.8	32
07062	Picnic	1.2	48
Salami:			
Beef:			
07002	Beer	0.9	36
07068	Cotto	1.2	48
07003	Pork, beer	0.9	36
Sausage:			
07078	Beef, summer	1.1	44
Beef and pork:			
---	Raw	1.1	44
07065	Cooked	0.7	28
07063	Pork	1.3	52

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		<i>mcg</i>	<i>IU</i>
VEGETABLES			
Mushrooms:			
---	Chanterelle.....	2.1	84
---	Morel.....	3.1	124
---	Shiitake, fresh.....	2.5	100
11268	Shiitake, dried.....	41.5	1,660
---	Yellow Boletus.....	3.1	124
11260	Unspecified.....	1.9	76