

Sources of vitamin D

Vitamin D plays an important role in regulating the absorption of calcium and phosphorus, and in the maintenance of healthy bones and teeth. Vitamin D is also thought to play a role in improving immune system function.

Adequate Daily Intake (RDI) for vitamin D



19-50 years
5 mg/day



51-70 years
10 mg/day



Children
5 mg/day



Natural Sources

Source	Vitamin D content (IU)
Salmon , Fresh, wild (100g)	600 – 1000 D3
Salmon , Fresh, farmed (100g)	100 – 250 D3 or D2
Salmon , canned (100g)	300 – 600 D3
Sardines , canned (100g)	300 D3
Mackerel , canned (100g)	250 D3
Tuna , canned (100g)	230 D3
Cod liver oil (1 tsp)	400 – 1,000 D3
Shiitake mushrooms , Fresh (100g)	100 D2
Shiitake mushrooms , Sundried (100g)	1600 D2
Egg yolk	20 D3 or D2
Exposure to sunlight, UVB (0.5 minimal erythema dose)	3000 D3

About 0.5 minimal erythema dose of UVB radiation would be absorbed after an average of 5 to 10 minutes of exposure (depending on the time of day, season, latitude, and skin sensitivity) of the arms and legs to direct sunlight.

Fortified Foods

Source	Vitamin D content (IU)
Milk (250 ml)	100 D3
Orange Juice (250 ml)	100 D3
Infant formulas (250ml)	100 D3
Yoghurts (250ml)	100 D3
Butter (100g)	50 D3
Cheeses (85g)	100 D3
Breakfast cereals (serving)	100 D3
Tofu	20 – 155 D3

Supplements

Source	Vitamin D content (IU)
Multivitamin	400 IU vitamin D, D2, or D3
Vitamin D3 , over the counter	400, 800, 1000 or 2000
Vitamin D2 , prescription	50000 / capsule
Vitamin D2 liquid , prescription	8000 / ml