



Averages (%) of foods containing appropriate vitamin D levels (to achieve adequate vitamin D intake) based on the proposed method in food groups. All high vitamin D (excellent source of vitamin D) and vitamin D source (good source of vitamin D) foods, excluding high vitamin D and vitamin D source baby foods, are based on the reference energy intake of 2,000 kcal for adults and children aged 4 years and older. High vitamin D and vitamin D source baby foods are based on the reference energy intake of 1,000 kcal for children 1 through 3 years of age.

Suggested citation: Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. A new method for calculating vitamin D content and determining appropriate vitamin D levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4133658