

Food Sources of Vitamin D

Cod liver oil

Halibut

Carp

Eel

Mushrooms
(exposed to ultraviolet)

Salmon

Trout

Mackerel

Swordfish

Wild channel catfish

Whitefish

Steelhead trout

Pompano

Sturgeon

Snapper

Cisco (fish)

Malted milk drink
(vitamin D-fortified)

Bluefin tuna

Sea bass

Infant or child formula
(vitamin D-fortified)

American shad

Herring
(except kippered or pickled)

Rockfish

Sardine

Milk
(vitamin D-fortified)

Protein shake
(vitamin D-fortified)

Breakfast cereal
(vitamin D-fortified)

Tilapia

Nutrition shake
(vitamin D-fortified)

Tofu
(vitamin D-fortified)

Perch

Buttermilk
(vitamin D-fortified)

Flatfish
(flounder and sole species)

Egg yolk

Soy milk
(vitamin D-fortified)

Kefir
(vitamin D-fortified)

Northern pike

Almond milk drink
(vitamin D-fortified)

Orange juice
(vitamin D-fortified)

Pasta in tomato and cheese sauce
(vitamin D-fortified)

Coconut milk drink
(vitamin D-fortified)

Rice milk drink
(vitamin D-fortified)

Yogurt
(vitamin D-fortified)

Soy yogurt
(vitamin D-fortified)

Milkshakes
(vitamin D-fortified)