

Top 10 Foods Highest in Vitamin D

20µg of Vitamin D = 100% of the Daily Value (%DV)

1 Fish (Salmon)



142% DV (28µg) vitamin D
per 6oz fillet

265 Calories

2 Cremini Mushrooms (Exposed to UV Light)



139% DV (28µg) vitamin D
per cup

19 Calories

3 Fortified Milk



32% DV (6µg) vitamin D
per 16oz glass

298 Calories

4 Fortified Milk Substitutes (Soy Milk)



29% DV (6µg) vitamin D
per 16oz glass

160 Calories

5 Fortified Tofu



28% DV (6µg) vitamin D
per cup

208 Calories

6 Fortified Yogurt



16% DV (3µg) vitamin D
per cup

250 Calories

7 Fortified Breakfast Cereal



12% DV (2µg) vitamin D
per 3/4 cup

96 Calories

8 Fortified Orange Juice



12% DV (2µg) vitamin D
per cup

117 Calories

9 Pork Chops



10% DV (2µg) vitamin D
in 1 pork chop

525 Calories

10 Eggs



6% DV (1µg) vitamin D
in 1 large egg

78 Calories

Blossom Lady via Craftorator
Craftorator