



## Vitamin D intake ranges:

Age	Safe Upper limits for both male and female	RDA	Pregnancy	Lactation
0–6 months	1,000 IU (25 mcg)	400 IU (10 mcg)		
7–12 months	1,500 IU (38 mcg)	400 IU (10 mcg)		
1–3 years	2,500 IU (63 mcg)	600 IU (15 mcg)		
4–8 years	3,000 IU (75 mcg)	600 IU (15 mcg)		
≥9 years	4,000 IU (100 mcg)	600 IU (15 mcg)	4,000 IU (100 mcg)	4,000 IU (100 mcg)

## Good Vitamin D food sources:

Food	IUs per serving*	Percent DV**
Cod liver oil, 1 tablespoon	1,360	340
Salmon (sockeye), cooked, 3 ounces	447	112
Mackerel, cooked, 3 ounces	388	97
Tuna fish, canned in water, drained, 3 ounces	154	39
Orange juice fortified with vitamin D, 1 cup (check product labels, as amount of added vitamin D varies)	137	34
Milk, nonfat, reduced fat, and whole, vitamin D-fortified, 1 cup	115–124	29–31
Yogurt, fortified with 20% of the DV for vitamin D, 6 ounces (more heavily fortified yogurts provide more of the DV)	88	22
Margarine, fortified, 1 tablespoon	60	15
Liver, beef, cooked, 3.5 ounces	49	12
Sardines, canned in oil, drained, 2 sardines	46	12
Egg, 1 large (vitamin D is found in yolk)	41	10
Ready-to-eat cereal, fortified with 10% of the DV for vitamin D, 0.75–1 cup (more heavily fortified cereals might provide more of the DV)	40	10
Cheese, Swiss, 1 ounce	6	2

- IUs = International Units; DV = Daily Value. DVs were developed by the U.S. Food and Drug Administration to help consumers compare the nutrient contents among products within the context of a total daily diet. Food labels, however, are not required to list vitamin D content unless a food has been fortified with this nutrient. Foods providing 20% or more of the DV are considered to be high sources of a nutrient, but foods providing lower percentages of the DV also contribute to a healthful diet.
- The above table was adapted from the NIH

**Want more information about Vitamin D content in food? Visit the link below for a 22 page guide, from the USDA.**

(<http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Data/SR23/nutrlist/sr23w324.pdf>)

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