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Provisional Table on the Vitamin D Content of Foods

For research use only

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Users of this table should keep in mind that the data are provisional. Critical review of available data and further investigation will be necessary before definitive information can be published.

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Items not in the National Nutrient Data Bank have not been assigned NDB numbers.

mcg = microgram
IU = International Unit (1.0 mcg = 40 IU)

Nutrient Data Research Branch
Nutrition Monitoring Division
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Provisional Table on the Vitamin D Content of Foods (100 Grams Edible Portion)

NDB No.	Food item	Vitamin D	
		mcg	*IU*
	BREAKFAST CEREALS[1]		
08001	All Bran ®	3.5	140
08003	Apple Jacks ®	3.5	140
08011	Cap'n Crunch ®	*	
08013	Cheerios ®	3.5	140
---	Cinnamon Toast Crunch ®	3.5	140
08015	Cocoa Pebbles ®	3.5	140
08019	Corn Chex ®	*	
08068	Corn Pops ®	3.5	140
08023	Cracklin' Oat Bran ®	3.5	140
---	Crispix ®	3.5	140
08030	Froot Loops ®	3.5	140
08069	Frosted Flakes, Kellogg's ®	3.5	140
08031	Frosted Mini-Wheats ®	*	
08034	Fruity Pebbles ®	3.5	140
08035	Golden Grahams ®	3.5	140
08038	Grape-Nuts Brand Cereal ®	3.5	140
08046	Honeycomb ®	3.5	140
08045	Honey Nut Cheerios ®	3.5	140
08071	Honey Smacks ®	3.5	140
---	Just Right ® with Fruit and Nuts	2.7	108
08028	Kellogg's Bran Flakes ®	3.5	140
08020	Kellogg's Corn Flakes ®	3.5	140
08048	Kix ®	3.5	140
08049	Life ®	*	
08050	Lucky Charms ®	3.5	140
08147	Nabisco Shredded Wheat ®	*	
---	Nabisco Shredded Wheat'n Bran ®	*	
---	Natural Bran Flakes ®	3.5	140
08061	Natural Raisin Bran ®	3.8	152
---	Nut & Honey Crunch ®	3.5	140
---	Oatmeal Raisin Crisp ®	3.5	140
08058	Product 19 ®	3.5	140
08060	Raisin Bran, Kellogg's ®	2.5	100
08064	Rice Chex ®	*	
08065	Rice Krispies ®	3.5	140
08067	Special K ®	3.5	140
08148	Spoon-Size Shredded Wheat ®	*	
08073	Super Golden Crisp ®	3.5	140
08077	Total ®	3.5	140
08078	Trix ®	3.5	140
08089	Wheaties ®	3.5	140

[1]Values for breakfast cereals are based on label claim information.

*Level in unfortified cereals is negligible.

Continued--

Provisional Table on the Vitamin D Content of Foods, Con. (100 Grams Edible Portion)

NDB No.	Food item	Vitamin D mcg	Vitamin D IU
	DAIRY AND EGG PRODUCTS		
	Milk, cow, fortified:[2]		
01077	Whole, 3.3% fat	1.0	40
01079	Lowfat, 2% fat	1.0	40
01080	Lowfat, 2% fat with nonfat milk solids added	1.0	40
01081	Lowfat, 2% fat, protein fortified	1.0	40
01082	Lowfat, 1% fat	1.0	40
01083	Lowfat, 1% fat, with nonfat milk solids added	1.0	40
01084	Lowfat, 1% fat, protein fortified	1.0	40
01085	Skim	1.0	40
01086	Skim, with nonfat milk solids added	1.0	40
01087	Skim, protein fortified	1.0	40
01090	Dry, whole	7.8	312
01091	Dry, nonfat, regular	8.3	332
01092	Dry, nonfat, instantized	11.0	440
01097	Evaporated, skim	2.0	80
01102	Chocolate, whole	1.0	40
01103	Chocolate, lowfat, 2% fat	1.0	40
01104	Chocolate, lowfat, 1% fat	1.0	40
	Milk, cow, fluid, whole, unfortified:[3]		
---	Summer	0.08	3
---	Winter	0.03	1
---	Season not specified	0.06	2
01106	Milk, goat, whole, fluid	0.3	12
01107	Milk, human, whole, fluid	0.09	4
	Cheese:		
01007	Camembert	0.3	12
01009	Cheddar	0.3	12
01018	Edam	0.9	36
01033	Parmesan	0.7	28
01040	Swiss	1.1	44
01053	Cream, heavy whipping, fluid	1.3	52
	Egg, chicken:		
01123	Whole, fresh or frozen	1.3	52
01133	Whole, dried	4.7	188
01124	White, fresh	0	0
01125	Yolk, fresh	3.7	148

[2]Fortified so that one quart of milk contains 10 mcg or 400 IU of Vitamin D.

[3]Level of Vitamin D varies with season.

Provisional Table on the Vitamin D Content of Foods, Con. (100 Grams Edible Portion)

NDB No.	Food item	Vitamin D mcg	Vitamin D IU
	FAST FOODS		
	Cheeseburger:		
21089	Regular	0.3	12
21096	4-ounce	0.3	12
21018	Eggs, scrambled	1.7	68
21021	English muffin with egg, cheese, and bacon	0.8	32
21106	Fish sandwich, regular, with cheese	0.5	20
	Hamburger:		
21107	Regular	0.3	12
21110	Double meat and double-decker roll	0.4	16
21112	4-ounce patty, regular roll	0.4	16
21028	Ice cream cone	0.2	8
	Shake:		
14346	Chocolate	0.4	16
14428	Strawberry	0.2	8
14347	Vanilla	0.2	8
	Sundae:		
21032	Caramel	0.2	8
21033	Hot Fudge	0.3	12
21034	Strawberry	0.3	12
	FATS		
01001	Butter	1.4	56
	Margarine, fortified:[4]		
---	Fleischmann's ®	1.5	60
---	Mazola ®	1.5	60
---	Promise ®	1.5	60
---	Margarine, unfortified	0	0
	Fish oils:		
	Cod liver:		
---	Medicinal, regular	417.5	16,700
---	Medicinal, high-potency	1,010.0	40,400
---	Low-potency	125.0	5,000
---	Commercial, refined	250.0	10,000
---	Dogfish liver	60.5	2,420
---	Halibut liver	9,200.0	368,000
---	Mackerel	3,250.0	130,000
---	Rockfish liver	2,445.0	97,800
---	Sardine, Atlantic or Pacific	8.3	332
---	Swordfish liver	17,325.0	693,000
---	Tuna liver	3,250.0	130,000
---	Fish oil, unspecified	5.0	200

[4]Values based on label claim information.

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NDB No.	Food item	Vitamin D mcg	Vitamin D IU
	FISH AND RELATED PRODUCTS		
	Finfish, fillet, raw:		
15010	Catfish, channel	12.5	500
15015	Cod	1.1	44
---	Eel, European	5.0	200
15028	Flounder	1.5	60
---	Garfish	8.5	340
15038	Halibut, Greenland	15.0	600
15039	Herring, Atlantic	40.7	1,628
15046	Mackerel, Atlantic	9.0	360
	Finfish roe, canned:		
15012	Caviar, sturgeon	5.8	232
15017	Cod	2.1	84
	Herring:		
15041	Pickled	17.0	680
15042	Smoked	3.0	120
	Mackerel, Atlantic:		
---	Canned in oil	5.7	228
---	Canned in tomato sauce	6.0	240
	Mackerel, Pacific:		
---	Canned in oil	6.3	252
	Salmon, canned:		
---	Chinook	8.1	324
---	Chum	5.6	224
---	Pink	15.6	624
	Sardines:		
15088	Atlantic, canned in oil	6.8	272
---	Pacific, canned in oil	8.3	332
15089	Unspecified, canned in tomato sauce	12.0	480
	Shellfish:		
15157	Clam	0.1	4
15167	Oyster	8.0	320
15149	Shrimp	3.8	152
---	Sprat, smoked	3.0	120
15119	Tuna, light meat, canned in oil, drained	5.9	236

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NDB No.	Food item	Vitamin D mcg	Vitamin D IU
	MEAT AND RELATED PRODUCTS		
	Beef:		
13323	Kidney	0.8	32
---	Lean cuts	0.3	12
13325	Liver	0.4	16
	Bologna:		
07007	Beef	0.7	28
07008	Beef and pork	1.1	44
07010	Pork	1.4	56
---	Bratwurst, pork, smoked	1.1	44
07014	Braunschweiger	1.2	48
	Frankfurter:		
07022	Beef	0.9	36
07023	Beef and pork	0.9	36
	Loaves:		
07088	Beef, honeyroll	1.0	40
	Pork:		
07032	Ham and cheese	1.1	44
07060	Luxury	0.7	28
07061	Mother's loaf	1.0	40
07051	Olive	1.1	44
07058	Pickle and pimiento	1.1	44
	Pork and beef:		
07001	Barbecue	0.9	36
07035	Honey	0.9	36
07021	Old-fashioned	1.0	40
07056	Peppered	0.8	32
07062	Picnic	1.2	48
	Salami:		
	Beef:		
07002	Beer	0.9	36
07068	Cotto	1.2	48
07003	Pork, beer	0.9	36
	Sausage:		
07078	Beef, summer	1.1	44
	Beef and pork:		
---	Raw	1.1	44
07065	Cooked	0.7	28
07063	Pork	1.3	52

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NDB No.	Food item	Vitamin D	
		mcg	*IU*
	VEGETABLES		
	Mushrooms:		
---	Chanterelle	2.1	84
---	Morel	3.1	124
---	Shiitake, fresh	2.5	100
11268	Shiitake, dried	41.5	1,660
---	Yellow Boletus	3.1	124
11260	Unspecified	1.9	76