



Abridged List Ordered by Nutrient Content in Household Measure
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)
Nutrients: **Vitamin D (IU)**

Description	Measure	Vitamin D (IU) Per Measure
Fish, swordfish, cooked, dry heat	3.0 oz	566
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	539
Fish, salmon, pink, canned, drained solids	3.0 oz	493
Fish, mackerel, spanish, raw	3.0 oz	248
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	177
Fish, herring, Atlantic, pickled	1.0 cups	158
Fish, cisco, smoked	1.0 oz	150
Fish, tilapia, raw	1.0 fillet	144
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	133
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	128
Eggnog	1.0 cups	124
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	122
Cheese food, pasteurized process, American, vitamin D	1.0 cups	115
Mushrooms, Chanterelle, raw	1.0 cups	114
Beverages, almond milk, sweetened, vanilla flavor, ready-	8.0 fl oz	101
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	101
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	100
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	100
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	98
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	98
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	98
Cheese, pasteurized process, American, fortified with	1.0 oz	85
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	83
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	82
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	80
Cream, fluid, heavy whipping	1.0 cups, whipped	76
Puddings, chocolate, dry mix, regular, prepared with whole	0.5 cups	62
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	60

Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	60
Pork, fresh, leg (ham), whole, separable lean only, cooked,	1.0 cups, diced	49
Fast foods, croissant, with egg, cheese, and ham	1.0 item	48
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	48
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	48
Fish, herring, Atlantic, raw	1.0 oz, boneless	47
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	46
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	46
Pork, fresh, loin, whole, separable lean and fat, cooked,	3.0 oz	45
Egg, whole, cooked, poached	1.0 large	41
Egg, whole, raw, fresh	1.0 large	41
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	41
Egg, whole, cooked, fried	1.0 large	40
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	40
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	40
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	40
Fast foods, biscuit, with egg and bacon	1.0 biscuit	38
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked,	3.0 oz	37
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	37
Fast Foods, biscuit, with egg and sausage	1.0 item	36
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	35
Fast foods, english muffin, with egg, cheese, and canadian	1.0 sandwich	33
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	32
Salami, pork, beef, less sodium	3.0 oz	32
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	32
Dessert topping, powdered, 1.5 ounce prepared with 1/2	1.0 cups	30
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	29
Cheese, mexican, queso chihuahua	1.0 cups, diced	29
Cheese, muenster	1.0 cups, diced	29
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	29
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	29
Cream, fluid, light whipping	1.0 cups, whipped	28
Cheese, provolone	1.0 cups, diced	26
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	25
Cheese, pasteurized process, swiss	1.0 cups, diced	25

Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	25
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	25
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	25
Cheese, feta	1.0 cups, crumbled	24
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	23
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	23
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	23
Cheese spread, pasteurized process, American	1.0 cups, diced	22
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	22
Cheese, parmesan, grated	1.0 cups	21
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	20
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	4.0 oz	20
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	20
Beerwurst, beer salami, pork and beef	2.0 oz	20
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	20
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	19
Cheese, mozzarella, whole milk	1.0 cups, shredded	18
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	17
Mushrooms, portabella, grilled	1.0 cups sliced	17
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	17
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	15
Fish, haddock, raw	3.0 oz	15
Braunschweiger (a liver sausage), pork	1.0 oz	14
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	14
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	14
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	13
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25%	2.0 oz 1 NLEA serving	13
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	13
Cream puff, eclair, custard or cream filled, iced	4.0 oz	12
Cheese, ricotta, whole milk	0.5 cups	12
Infant formula, GERBER, GOOD START 2 Soy, with iron,	1.0 fl oz	12
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	12
Infant Formula, GERBER GOOD START 2, GENTLE PLUS,	1.0 fl oz	12

Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	12
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	12
Milk shakes, thick chocolate	1.0 fl oz	12
Soup, cream of mushroom, canned, condensed	0.5 cups	11
Bologna, meat and poultry	1.0 slice	11
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	11
Pork sausage, link/patty, fully cooked, unheated	1.0 link	11
Egg, whole, cooked, omelet	1.0 tbsp	10
Barbecue loaf, pork, beef	1.0 oz	10
Cream, whipped, cream topping, pressurized	1.0 cups	10
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	9
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	9
Pie, banana cream, prepared from recipe	1.0 oz	9
Pork, fresh, enhanced, loin, tenderloin, separable lean	4.0 oz	9
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	9
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	8
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	8
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	8
Cheese, ricotta, part skim milk	0.5 cups	7
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	7
Turkey, ground, fat free, patties, broiled	3.0 oz	7
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	7
Chicken, skin (drumsticks and thighs), raw	4.0 oz	7
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	6
Noodles, egg, spinach, enriched, cooked	1.0 cups	6
Milk, buttermilk, dried	0.25 cups	6
Cheese, blue	1.0 oz	6
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	6
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	6
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	6
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	6
Cake, coffeecake, cinnamon with crumb topping, dry mix,	1.0 oz	5
Cheese, camembert	1.0 oz	5
Cake, cheesecake, commercially prepared	1.0 oz	5
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	5
Chicken, broilers or fryers, meat and skin, cooked, fried,	3.0 oz	5

Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	5
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	5
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	5
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	5
Sausage, turkey, hot, smoked	2.0 oz	4
Noodles, egg, dry, unenriched	1.0 cups	4
Cake, cherry fudge with chocolate frosting	1.0 oz	4
Garlic bread, frozen	1.0 slice presliced	4
Fat, beef tallow	1.0 tbsp	4
Chicken, broilers or fryers, leg, meat and skin, cooked,	3.0 oz	3
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	3
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	3
Yogurt, plain, whole milk	1.0 container (6 oz)	3
Chicken, dark meat, thigh, meat only, with added solution,	4.0 oz	3
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	3
Cheese, cottage, creamed, large or small curd	4.0 oz	3
Cake, sponge, commercially prepared	1.0 oz	3
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	3
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	2
Milk, canned, condensed, sweetened	1.0 fl oz	2
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	2
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	2
Beef, ground, 90% lean meat / 10% fat, patty, cooked,	3.0 oz	2
Yogurt, plain, low fat	1.0 container (6 oz)	2
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	2
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	1
Cream, sour, reduced fat, cultured	1.0 tbsp	1
Cake, snack cakes, creme-filled, sponge	1.0 oz	1
Salad dressing, mayonnaise, regular	1.0 tbsp	1
Bread, cheese	1.0 slice	1
Cheese, American, nonfat or fat free	1.0 serving	1
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	1
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	1

Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	1
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	1
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	1
Cream, fluid, half and half	1.0 fl oz	1
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	1
Danish pastry, cheese	1.0 oz	1