Nutrient of the Month: Vitamin D

You can get Vitamin D from foods such as milk, fortified cereals and fish like salmon and mackerel. Your body also naturally produces Vitamin D when you are in the sun! Like our own version of photosynthesis!

Benefits:

Strengthen bones
Aids your body in absorbing calcium
Has anti-inflammatory, antioxidant and neuroprotective properties
Support immune health
Aids in muscle function and brain cell activity

In Northern Idaho, we need to get as much sunlight so, make sure to stay up on your Vitamin D! The happy vitamin!

 Adapted from Mayo Clinic

Vitamin D Enriched Foods and Serving Sizes

This represents standard adult portions, please visit dietaryguidelines.gov for other nutrients and child portions

IU is the amount of Vitamin D in each food

Fish and Protein Foods

Rainbow trout, freshwater
3 ounces
645 IU

Salmon (various)
3 ounces
383-570 (average: 476) IU

Light tuna, canned
3 ounces
231 IU

Herring
3 ounces
182 IU

Sardines, canned
3 ounces
164 IU

Tilapia
3 ounces
127 IU

Flounder
3 ounces
118 IU

Dairy and Fortified Soy Alternatives

Soy beverage (soy milk), unsweetened
1 cup
119 IU

Milk, low fat (1%)
1 cup
117 IU

Yogurt, plain, nonfat
8 ounces
116 IU

Yogurt, plain, low fat
8 ounces
116 IU

Milk, fat free (skim)
1 cup
115 IU

Kefir, plain, low fat
1 cup
100 IU

Cheese, American, low fat or fat free, fortified
1 1/2 ounces
85 IU

Vegetables

Mushrooms, raw (various)
1 cup
0-1110 (average: 555) IU

Fruits

Orange juice, 100%, fortified
1 cup
100 IU

Other Sources

Almond beverage (almond milk), unsweetened, fortified
1 cup
107 IU

Rice beverage (rice milk), unsweetened, fortified
1 cup
101 IU

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Adapted from Dietary Guidelines for Americans