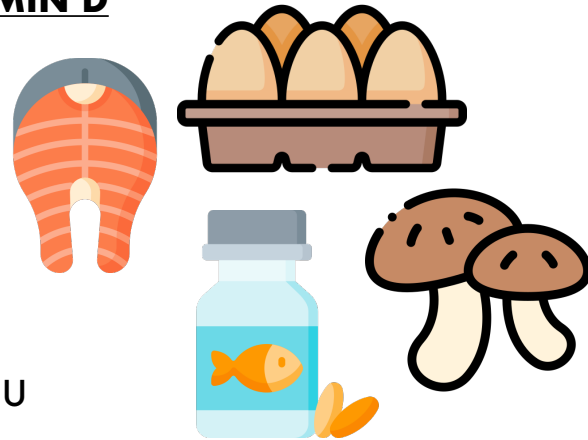


LIST OF FOODS WITH GOOD LEVELS OF VITAMIN D

- Cod liver oil, 1 tablespoon: 1,360 IU
- Herring, fresh, raw, 4 ounces: 1,056 IU
- Swordfish, cooked, 4 ounces: 941 IU
- Raw maitake mushrooms, 1 cup: 786 IU
- Salmon, sockeye, cooked, 4 ounces: 596 IU
- Sardines, canned, 4 ounces: 336 IU
- Fortified skim milk, 1 cup: 120 IU
- Tuna, canned in water, drained, 3 ounces: 68 IU
- Egg, chicken, whole large: 44 IU

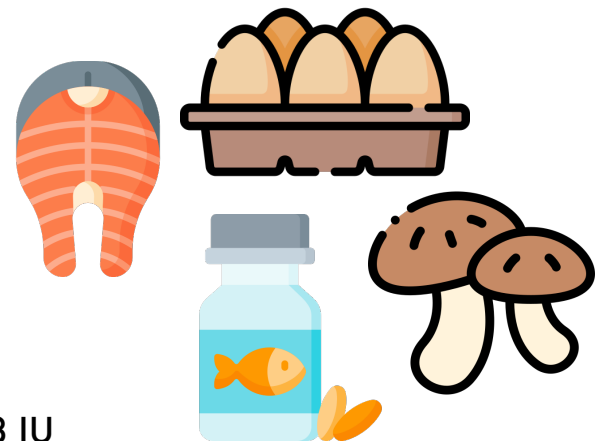


Resource: [Food Sources of Vitamin D | Dietary Guidelines for Americans](#)

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