

Best Available Sources of Vitamin D in LTC:

Source	Serving Size	Amount of Vitamin D
Salmon	3 ½ oz.	360 IU
Tuna, canned in oil	3 oz.	200 IU
Vitamin D Fortified Milk	1 Cup	98 IU
Vitamin D Fortified Margarine	1 Tbsp.	60 IU
Vitamin D Fortified Cereal Bars	1 Bar	50 IU
Pudding, Prepared w/ Vitamin D Fortified Milk	½ Cup	50 IU
Vitamin D Fortified Dry Cereal	¾ Cup	40-50 IU
Beef Liver	3 ½ oz.	30 IU
Egg, Yolk	1 Medium	25 IU
Cheese, Swiss	1 oz.	12 IU

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