

Foods highest in

Vitamin D

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

400 IU

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Cod liver oil	277%	748	0.4	11	Raisin Bran Cereal	5%	325	1.1	32
Oysters	118%	2266	5.2	147					
Pink salmon, canned	112%	548	2.5	72					
Atlantic mackerel	44%	450	1.7	49					
Mackerel, canned	40%	458	2.3	64					
Shrimp	36%	382	3.3	94					
Milk 1% with vitamin A	31%	206	8.4	238					
All-Bran with fiber	27%	1098	1.8	52					
Fortified skim milk	24%	263	8.6	244					
Milk 2% with vitamin A	22%	162	7.1	200					
White mushrooms	20%	629	16.0	455					
Whole milk 3.25% fat	17%	123	5.9	167					
Flounder	16%	386	3.9	110					
All-Bran Original	16%	1025	1.4	38					
All-Bran Buds	13%	874	1.4	40					
Hot cocoa, homemade	13%	107	4.6	130					
Infant formula, SIMILAC	11%	96	5.3	152					
Complete Wheat Bran	11%	1194	1.1	31					
Kellogg's Corn Flakes	11%	308	1.0	28					
Complete Oat Bran Flakes	10%	1118	1.0	29					
Total cereal	10%	1153	1.1	30					
Sardine oil	9%	298	0.4	11					
Multi-Grain Cheerios	9%	952	0.9	26					
Cheerios	9%	368	1.0	27					
Wheaties	9%	436	1.0	27					
Egg yolk	8%	38	1.1	31					
Soy milk	8%	274	6.8	192					
Total Corn Flakes	8%	1004	0.9	27					
Ensure plus	7%	116	2.5	71					
Egg, whole	6%	123	2.5	70					
Total Raisin Bran	6%	648	1.1	32					
Smart Start Soy Protein	6%	541	1.0	27					
Smart Start Cereal	5%	593	1.0	27					