

Vitamin D Natural sources

Vitamin D is a group of fat-soluble [secosteroids](#), the two major physiologically relevant forms of which are vitamin D₂ ([ergocalciferol](#)) and vitamin D₃ ([cholecalciferol](#)). Vitamin D without a subscript refers to either D₂ or D₃ or both. Vitamin D₃ is produced in the skin of [vertebrates](#) after exposure to ultraviolet B light from the sun or artificial sources, and occurs naturally in a small range of foods.

Exposure of skin to sunlight for brief periods during the morning and evening with out sunscreen can promote natural absorption of Vitamin D₃.

Nutrition Facts labels on food products in the US are not required to list vitamin D content unless a food has been fortified with this nutrient.^[5]

Some foods fortified with Vitamin D are dairy products such as milk, flour, margarine and cereals. Read labels to check amounts.

Natural sources of vitamin D include the following:

Fatty fish such as salmon are natural sources of vitamin D

- Fatty fish species, such as:
 - [Catfish](#), 85 g (3 oz) provides 425 IU (5 IU/g)
 - [Salmon](#), cooked, 100 g (3.5 oz) provides 360 IU (3.6 IU/g)
 - [Mackerel](#), cooked, 100 g (3.5 oz), 345 IU (3.45 IU/g)
 - [Sardines](#), canned in oil, drained, 50 g (1.75 oz), 250 IU (5 IU/g)
 - [Tuna](#), canned in oil, 100 g (3.5 oz), 235 IU (2.35 IU/g)
 - [Eel](#), cooked, 100 g (3.5 oz), 200 IU (2.00 IU/g)
- A whole [egg](#) provides 20 IU if egg weighs 60 g (0.33 IU/g)
- Beef liver, cooked, 100 g (3.5 oz), provides 15 IU (0.15 IU/g)
- Fish liver oils, such as [cod liver oil](#), 1 [Tbs.](#) (15 ml) provides 1360 IU (90.6 IU/ml)
- [Mushrooms](#) are the only [vegan](#) source of vitamin D (besides UV light or sunlight exposure).^[34] 100g provides: (regular) 14 IU (0.14 IU/g), (exposed to UV) 500 IU (5 IU/g) http://en.wikipedia.org/wiki/Mushrooms_and_vitamin_D

Nutrition Facts labels on food products in the US are not required to list vitamin D content unless a food has been fortified with this nutrient.^[5]

*All references and information From Wikipedia, the free encyclopedia website