

Vital vitamin D!

This resource is for anyone who would like more information about the vitamin D content in foods that can contribute to your diet.

There are a limited number of foods naturally containing or fortified with vitamin D. To meet the recommendations people may consider taking a daily supplement containing 10µg of vitamin D, particularly in the autumn and winter months.



Food	Portion size	Vitamin D (µg)
Fish		
Salmon, baked	140g	10.2
Salmon red, canned	140g	15.3
Sardines, canned	140g	4.6
Mackerel, grilled	140g	11.9
Mackerel, canned	140g	9.2
Tuna, canned	140g	1.5
Meat		
Lamb, roast	90g	0.5
Pork, roast	90g	0.9
Chicken breast, stir fried	100g	0.2
Calf's liver, fried	100g	0.3
Beef mince, extra lean, stewed	100g	0.6
Eggs		
Boiled	1 egg (50g)	1.6
Fried	1 egg (60g)	1.1
Scrambled	2 eggs (120g)	3.4
Poached	2 eggs (100g)	2.9
Omelette	2 eggs (120g)	3.4
Fortified breakfast cereals	30g	1.4
Vitamin D-enriched mushrooms	80g	3.2
Fats		
Fat spreads (polyunsaturated)	10g	0.8
Butter	10g	0.1

µg, micrograms

- Department of Health has advised that people who eat more than 90g cooked weight red and processed meat a day cut down to 70g.
- Some breakfast cereals are fortified with vitamin D in varying quantities. Check back of pack nutrition panel for details. Value stated is the average for fortified bran flakes.
- Some mushrooms are enriched with vitamin D in varying quantities. Check the back of pack nutrition panel for details. Value stated is the average of two products from leading retailers.
- For more information about vegetarian and vegan sources of vitamin D, [click here](#).
- Vitamin D content is taken from McCance and Widdowson's *The Composition of Foods: Seventh Summary Edition*

Check labels to make sure the fish you choose is sustainable.

White fish is great to include in your diet – it's a source of lean protein that provides vitamins and minerals, but it's not a good source of vitamin D whereas oily fish (such as the types listed above) is!

A meal plan to illustrate how to meet your daily vitamin D requirement of 10 µg

Foods providing vitamin D are highlighted in green

Menu 1	Vitamin D (µg) per portion	Menu 2	Vitamin D (µg) per portion
<p>Breakfast</p> <p>Fortified bran flakes with semi-skimmed milk and a sliced banana</p> <p>Cup of unsweetened tea with semi-skimmed milk</p>	1.4	<p>Breakfast</p> <p>Baked beans on 2 slices of wholemeal toast with reduced fat polyunsaturated spread and a pear</p> <p>Cup of unsweetened coffee with semi-skimmed milk</p>	1.5
<p>Lunch</p> <p>2 slices of wholemeal toast spread thinly with low-fat polyunsaturated spread, with 2 poached eggs and half an avocado</p> <p>Small (150ml) glass of unsweetened orange juice</p>	4.4 ¹	<p>Lunch</p> <p>Tortilla (reduced fat polyunsaturated spread, eggs, potatoes, tomatoes, onion and coriander) with salad leaves</p> <p>Small (150 ml) glass of apple juice</p>	3.7 ²
<p>Dinner</p> <p>Grilled salmon fillet topped with a mixture of low-fat soft cheese, fresh wholemeal breadcrumbs and lemon zest, served with boiled new potatoes, steamed broccoli and peas</p>	10.9	<p>Dinner</p> <p>Mackerel chilli pasta (passata, peas, onion, garlic, chilli flakes, canned mackerel fillets in tomato sauce) and wholewheat spaghetti</p>	7.9
<p>Snacks</p> <p>A few dried apricots and a small handful of cashew nuts</p> <p>Low-fat plain yogurt with mixed berries and pumpkin seeds</p>	-	<p>Snacks</p> <p>Fortified multigrain flake breakfast cereal with low-fat plain yogurt, one chopped apple, a small handful of pistachios and a few dried figs</p>	2.5
Total vitamin D for the day 16.7µg		Total vitamin D for the day 15.6µg	
¹ 1.5µg spread, 2.9µg eggs		² 0.8µg spread, 2.9µg eggs	
<ul style="list-style-type: none"> As well as daily vitamin D, the meal plan also meets government recommendations for free sugars and dietary fibre intakes [% energy from free sugars <5%; dietary fibre (g) >30g]. Vitamin D content is taken from McCance and Widdowson's The Composition of Foods: Seventh Summary Edition. Some multigrain flake breakfast cereals are fortified with 5-8.4µg vitamin D per 100g. Check back of pack nutrition panel for details. 			

Did you know?

The word 'salmon' derives from the Latin word 'salmo,' originating from 'salire', meaning 'to leap'. Salmon can jump up to two metres!

For more information on the sources used in this text, please contact postbox@nutrition.org.uk
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