

Nutrition Facts: Vitamin D Content in Foods (High to Low)

Vit D iu

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100	Almond Milk, Almond Breeze Unsweetened Quantity: 1 cup
100	Coconut Milk, Silk PureCoconut-Original Quantity: 1 cup
100	Milk, 1% fat organic Quantity: 1 cup 246g
100	Milk, fat free Quantity: 1 cup 246g
100	Yogurt, organic plain lowfat Quantity: 1 cup 227g
100	Yogurt, organic plain nonfat Quantity: 1 cup 227g
40	Cottage Cheese, low fat 2% milkfat Quantity: 1/2 cup 113g
40	Oat Bran, organic Quantity: 1/4 cup 40g
17	Mushrooms, white, whole Quantity: 1 cup 96g
16	Mushrooms, portabella caps Quantity: 3 caps 100g
12	Swiss Cheese Quantity: 1 slice, 1oz, 28g
12	Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g