



## Vegetarian Vitamin D Food Sources

To meet your vitamin D requirements, aim for 10 minutes of exposure to sunlight daily, consume vitamin-D fortified foods such as soy milk and orange juice, and consider taking a vitamin D supplement.

### Vegan Vitamin D Food Sources

Food	Serving	Vitamin D (IU)
Maitake mushrooms **	1 cup, diced	786
Portabella mushrooms **	1 cup, sliced	634
Soy milk, original, fortified with vitamin D	1 cup	120*
Almond milk, original, fortified with vitamin D	1 cup	100*
Chanterelle mushrooms, raw**	1 cup	114
Orange juice, fortified with 25% of vitamin D	1 cup	100*
Soy yogurt, fortified with vitamin D	150 grams	80*
Ready-to-eat cereal, fortified with 10% of the DV for vitamin D	¾ - 1 cup	40*

### Vegetarian Vitamin D Sources

Milk, low-fat, fortified with vitamin D	1 cup	127
Yogurt, fortified with 20% of the DV for vitamin D	6 ounces	80
Egg	1 whole, medium	41
Cheese, Swiss	1 ounce	6

\*\*Exposing mushrooms to UV light causes measurable increases in the vitamin D2 content; amount of vitamin D2 will vary depending on the type of light and duration of exposure.

Note: Sensible exposure to sun is an important source of vitamin D.

\*May vary depending on product

All nutritional information from USDA National Nutrient Database for Standard Reference or food manufacturer labeling.

Vitamin D RDA	
Life Stage Group	Vitamin D (IU)
Infants: 0 to 12 months	400
Children: 1 to 8 years	600
Males: 9 to 70 years >71 years	600 800
Females: 9 to 70 years >71 years	600 800
Pregnancy: 14 to 50 years	600
Lactation: 14 to 50 years	600

Courtesy of Sharon Palmer, RD, The Plant-Powered Dietitian™