



Vegetarian Vitamin D Food Sources

Overview and Recommendations

- Vitamin D is key to health.** Available in few food sources (primarily fish), vitamin D plays an important role in bone health, as well as in immune, nerve and muscle function. In addition, it may play a role in protecting against cancer, heart disease, stroke, diabetes, autoimmune diseases, and depression.
- Vegetarian D Sources.** Vitamin D is available in dairy products (through fortification) and egg yolks. Mushrooms exposed to light also can provide good sources of vitamin D.
- Vegan D intake.** Vegans may be at greater risk for low vitamin D intake, but they can obtain vitamin D from regular exposure to sun and fortified foods.
- The sunshine vitamin.** Most people get some of their vitamin D intake through sun exposure, but this is dependent upon season, time of day, length of day, cloud cover, smog, skin color, and sunscreen use.

Tips to Meet Your Needs

- Reach for fortified products.** Many foods may be fortified with vitamin D—the primary source in US diets—including milk and milk alternatives, cereals, orange juice, yogurt, and mushrooms with vitamin D.
- Get a bi-weekly dose of sunshine.** Aim for 5 – 30 minutes of sun exposure between 10 am and 3 pm twice a week to the face, arms, legs, or back without sunscreen to boost vitamin D intake.
- Consider vitamin D supplements.** If diet intake and sun exposure falls short, vegans may need to supplement with vitamin D to meet recommended levels. Remember to discuss all dietary supplements with your health care provider. It's important to many supplements with vitamin D-3 (cholecalciferol) are of animal origin (lanolin); vitamin D2 (ergocalciferol) is produced from yeast and is acceptable to vegans.

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

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Food	Serving	Vitamin D (IU)
Maitake mushrooms **	1 cup, diced	786
Portabella mushrooms **	1 cup, sliced	634
Soymilk, 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*

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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.

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