

After reading the Nutrition Newsletter (Volume 4, Issue 3) and challenge questions, Thea can help you determine how much vitamin D you are getting.

Here is a list of some foods along with their estimated vitamin D content. If you are unsure about how many servings of these foods you are eating, get a measuring cup and measure your serving size. You can also look on the food labels of other foods (like cereals and orange juice) to get a better estimate of vitamin D content from the foods you are eating.



A microgram is 1/1000 of a gram. In other words, about 4.5 billion micrograms = 1 pound! Add up the micrograms of vitamin D you consume in one day. You should be getting 5 micrograms per day.

Food Item	Micrograms
Fortified Milk (1 cup)	2.5
Fortified Soy Milk (1 cup)	1
Raisin Bran Cereal (1 cup)	1.6
Total Cereal (1 cup)	1
Corn Flakes Cereal (1 cup)	0.8
Rice Krispies Cereal (1 cup)	0.6
Fish (salmon, sardines, tuna) (3 ounce serving)	5 - 12
Margarine (1tablespoon)	1.5
Egg (1 whole egg)	0.75
Cheese (1 ounce)	0.1 - 0.3

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
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