

Vitamin D in Eggs & Dairy

Dairy items are one of the few products that the U.S. Government allows food manufacturers to fortify with Vitamin D. Some of these foods are not particularly healthy otherwise, so choose wisely. A helpful tip regarding eggs: the yolk of the egg, not the white, contains the Vitamin D.

Note: This chart includes only egg and dairy foods that contains at least 1 IU or more of Vitamin D, according to the USDA's nutrient database. Other egg and dairy foods may contain Vitamin D, but I did not find them in the database.

Source: United States Dept. of Agriculture (USDA) - National Nutrient Database

Egg & Dairy Foods	Weight (g)	Size	Vit. D (IU)
Canned Milk , evaporated, non-fat, with added Vitamin A and Vitamin D	256	1 cup	202
Canned Milk , evaporated, with added Vitamin D and without added Vitamin A	252	1 cup	199
Vanilla Milk Shake , thick	313	11 fl oz	150
Eggnog	254	1 cup	124
Chocolate Milk , fluid, commercial, whole, with added Vitamin A and Vitamin D	250	1 cup	128
Whole Milk , 3.25% milkfat, with added Vitamin D	244	1 cup	124
Chocolate Milk , fluid, commercial, reduced fat, with added Vitamin A and Vitamin D	250	1 cup	123
Chocolate Milk Shake , thick	300	11 fl oz	123
Reduced Fat Milk , fluid, 2% milkfat, with added Vitamin A and Vitamin D	244	1 cup	120
Lowfat Milk , fluid, 1% milkfat, with added Vitamin A and Vitamin D	244	1 cup	117
Nonfat Milk , fluid, with added Vitamin A and Vitamin D	245	1 cup	115
Chocolate Milk , fluid, commercial, low-fat, with added Vitamin A and Vitamin D	250	1 cup	108
Dry Milk , non-fat, instant, with added Vitamin A and Vitamin D	23	1/3 cup	101
American Cheese , pasteurized process, fortified with Vitamin D	28	1 oz	85
Whole Egg , raw, fresh	58	1 extra large	48

Whole Egg , cooked, hard-boiled	50	1 large	44
Whole Egg , cooked, scrambled	61	1 large	44
Whole Egg , cooked, poached	50	1 large	41
Whole Egg , raw, fresh	50	1 large	41
Whole Egg , cooked, fried	46	1 large	40
Egg Yolk , raw, fresh	17	1 large	36
Whole Egg , raw, fresh	44	1 medium	36
Cheese Food , pasteurized process, American, Vitamin D fortified	28	1 oz	29
French Vanilla Ice Cream , soft serve	86	½ cup	25
Ricotta Cheese , whole milk	246	1 cup	25
Canned Milk , condensed, sweetened	306	1 cup	18
Ricotta Cheese , part skim milk	246	1 cup	15
Butter , salted or unsalted	14	1 tbsp	9
Vanilla Ice Cream , rich	74	½ cup	9
Cheddar Cheese	28	1 oz	7
Blue Cheese	28	1 oz	6
Cottage Cheese , creamed, large or small curd	210	1 cup	6
Muenster Cheese	28	1 oz	6
Provolone Cheese	28	1 oz	6
Swiss Cheese , whole milk	28	1 oz	6
Cheese Spread , pasteurized process, American	28	1 oz	5

Chocolate Ice Cream	66	½ cup	5
Feta Cheese	28	1 oz	5
Mozzarella Cheese , whole milk	28	1 oz	5
Swiss Cheese , pasteurized process	28	1 oz	5
Vanilla Ice Cream	66	½ cup	5
Cream Cheese , regular	15	1 tbsp	4
Heavy Whipping Cream	15	1 tbsp	4
Mozzarella Cheese , skim milk, low moisture	28	1 oz	4
Light Whipping Cream , fluid	15	1 tbsp	3
Vanilla Ice Cream , light	66	½ cup	3
Buttermilk , milk, fluid, cultured, low fat	245	1 cup	2
Light Cream , fluid (coffee cream or table cream)	15	1 tbsp	2
Sour Cream , cultured	12	1 tbsp	2
Buttermilk , milk, dried	7	1 tbsp	1
Cheddar or Colby Cheese , low-fat	28	1 oz	1
Half and Half Cream , fluid	15	1 tbsp	1
Parmesan Cheese , grated	28	1 tbsp	1
Sour Cream , reduced fat, cultured	15	1 tbsp	1