

Vitamin D in Fish & Seafood

Fatty fish such as salmon and trout are by far the best source of Vitamin D in foods. The following chart shows the amount of Vitamin D contained in various cuts of fish and seafood, according to the U.S. Department of Agriculture. Based on this list, the best sources of Vitamin D are primarily trout, salmon, and swordfish. To a lesser degree: tuna, halibut, sardines, rockfish, and flatfish.

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

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

Fish & Seafood (Salmon, Tuna, etc.)	Weight (g)	Size	Vit. D (IU)
Salmon , sockeye, cooked, dry heat	155	½ fillet	815
Swordfish , cooked, dry heat	106	1 piece	706
Trout , rainbow, farmed, cooked, dry heat	85	3 oz	645
Salmon , chinook, smoked	85	3 oz	583
Swordfish , cooked, dry heat	85	3 oz	566
Salmon , pink, canned, total can contents	85	3 oz	465
Salmon , sockeye, cooked, dry heat	85	3 oz	447
Halibut , Atlantic and Pacific, cooked, dry heat	159	½ fillet	367
Rockfish , Pacific, mixed species, cooked, dry heat	149	1 fillet	273
Tuna , light, canned in oil, drained solids	85	3 oz	229
Halibut , Atlantic and Pacific, cooked, dry heat	85	3 oz	196
Flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	177
Sardine , Atlantic, canned in oil, drained solids with bone	85	3 oz	164
Rockfish , Pacific, mixed species, cooked, dry heat	85	3 oz	156

Tuna , light, canned in water, drained solids	85	3 oz	154
Flatfish (flounder and sole species), cooked, dry heat	85	3 oz	118
Herring , Atlantic, pickled	85	3 oz	96
Tuna , yellowfin, fresh, cooked, dry heat	85	3 oz	70
Tuna , white, canned in water, drained solids	85	3 oz	68
Ocean Perch , Atlantic, cooked, dry heat	85	3 oz	49
Pollock , walleye, cooked, dry heat	85	3 oz	43
Cod , Atlantic, canned, solids and liquid	85	3 oz	40
Haddock , cooked, dry heat	150	1 fillet	35
Pollock , walleye, cooked, dry heat	60	1 fillet	31
Ocean Perch , Atlantic, cooked, dry heat	50	1 fillet	29
Cod , Pacific, cooked, dry heat	85	3 oz	20
Haddock , cooked, dry heat	85	3 oz	20
Fish portions and sticks , frozen, preheated	57	1 portion (4" x 2" x ½")	8
Fish portions and sticks , frozen, preheated	28	1 stick (4" x 1" x ½")	4
Shrimp , mixed species, cooked, breaded and fried	85	3 oz	4
Clam , mixed species, canned, drained solids	85	3 oz	2
Shrimp , mixed species, cooked, breaded and fried	45	6 large	2
Clam or Oyster , raw	85	3 oz	1
Lobster , northern, cooked, moist heat	85	3 oz	1