

Vitamin D in Meats

The amount of Vitamin D in meat such as beef, pork, and turkey is small compared to other sources, especially fish. I question whether meats should be considered a significant source of Vitamin D. But for completeness' sake, below is the Vitamin D content (in IUs) of various types of meat. The meats are listed from highest to least Vitamin D content. Meats not listed either contain zero IU of Vitamin D or were not in the USDA database I examined.

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

Meat Type (Beef, Pork, etc.)	Weight (g)	Size	Vit. D (IU)
Pork , fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	88
Pork , fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	43
Beef , variety meats and by-products, liver, cooked, pan-fried	85	3 oz	42
Pork , fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	41
Pork , fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	38
Pork , fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	36
Pork , fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	31
Pork , cured, ham, whole, separable lean only, roasted	85	3 oz	29
Pork , fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	28
Braunschweiger (a liver sausage), pork	57	2 slices	27
Pork , cured, ham, extra lean and regular, canned, roasted	85	3 oz	26
Pork , cured, ham, whole, separable lean and fat, roasted	85	3 oz	26
Pork , fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	26
Pork , fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	25
Pork , fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	24

Salami , cooked, beef and pork	57	2 slices	23
Pork , fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	21
Pork , cured, canadian-style bacon, grilled	47	2 slices	20
Pork , fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	20
Bologna , beef and pork	57	2 slices	18
Pork , fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	17
Frankfurter , beef and pork	45	1 frank	16
Ham , sliced, prepackaged (96% fat free, water added)	57	2 slices	16
Ham , sliced, regular (approximately 11% fat)	57	2 slices	16
Beef , chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	15
Lard	13	1 tbsp	13
Turkey , all classes, neck, meat only, cooked, simmered	152	1 neck	12
Turkey , all classes, meat only, cooked, roasted	140	1 cup	11
Salami , dry or hard, pork, beef	20	2 slices	10
Chicken pot pie , frozen entree, prepared	217	1 small pie	9
Beef , cured, corned beef, canned	85	3 oz	9
Duck , domesticated, meat only, cooked, roasted	221	½ duck	9
Frankfurter , chicken	45	1 frank	9
Beef , chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	8

Beef , top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	8
Chicken , broilers or fryers, breast, meat and skin, cooked, fried, batter	140	½ breast	8
Pork , cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	8
Beef , ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	7
Beef , ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	7
Beef , round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	7
Chicken , canned, meat only, with broth	142	5 oz	7
Pork and beef sausage , fresh, cooked	26	2 links	7
Pork and beef sausage , fresh, cooked	27	1 patty	7
Turkey , all classes, light or dark meat, cooked, roasted	84	3 oz	7
Turkey roast , boneless, frozen, seasoned, light and dark meat, roasted	85	3 oz	7
Beef , ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	6
Ham , chopped, not canned	21	2 slices	6
Beef , round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	5
Beef , round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	4

Chicken , broilers or fryers, breast, meat only, cooked, roasted	86	½ breast	4
Chicken , broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	4
Sausage, Vienna , canned, chicken, beef, pork	16	1 sausage	4
Beef , round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	3
Beef , top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	3
Sandwich spread , pork, beef	15	1 tbsp	3
Turkey patties , breaded, battered, fried	64	1 patty	3
Beef jerky , chopped and formed	20	1 large piece	2
Chili con carne with beans , canned entree	222	1 cup	2
Lamb , domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	2
Lamb , domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	2
Lamb , domestic, loin, separable lean and fat, trimmed to ¼" fat, choice, cooked, broiled	85	3 oz	2
Lamb , domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	2
Chicken , broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	1
Chicken roll , light meat	57	2 slices	1