

Vitamin D in Mushrooms

Interestingly, certain mushrooms are a source of Vitamin D. As far as I know, they are the only plant material that naturally contain it. (Fruits and vegetables do not contain Vitamin D.)

Normally the amount of Vitamin D in mushrooms is small compared to other food sources, especially fish. However, according to research, the Vitamin D in mushrooms can be increased substantially if growers expose the mushrooms to short bursts of ultraviolet light.

Note: This chart includes only mushrooms that contains at least 1 IU or more of Vitamin D, according to the USDA's nutrient database. Other types of mushrooms may contain Vitamin D, but I did not find them in the database. Based on the low IU values, it seems unlikely the mushrooms listed in this table were exposed to UV light as noted above.

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

Mushroom Type	Weight (g)	Size	Vit. D (IU)
Shiitake , cooked, without salt	145	1 cup	41
Mushrooms , canned, drained solids	156	1 cup	12
White , cooked, boiled, drained, without salt	156	1 cup	12
Shiitake , dried	4	1 mushroom	6
White , raw	70	1 cup	5

In a separate database, I found the following regarding portabella mushrooms:

Portabella, exposed to ultraviolet light, grilled:

100 g contains **524 IU** of Vitamin D; 1 cup sliced (121 g) contains **634 IU** of Vitamin D.

From this you can see the huge difference that UV light exposure makes in the Vitamin D content of mushrooms.