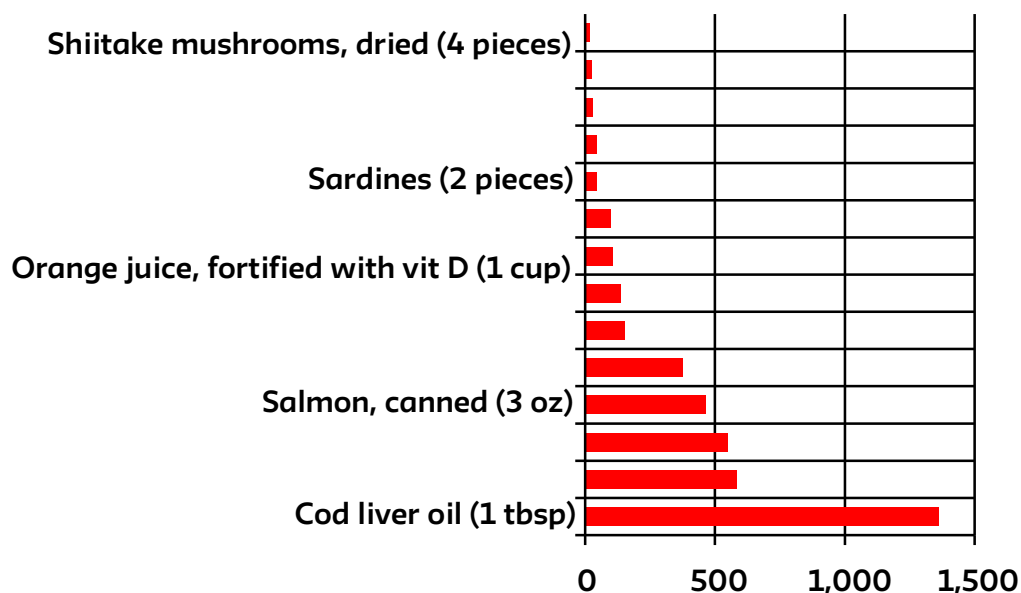


SOURCES OF VITAMIN D

Food	Amounts (IU)
Cod liver oil (1 tbsp)	1,360
Salmon, Chinook (3 oz)	582
Mackerel, Atlantic (3 oz)	547
Salmon, canned (3 oz)	465
Salmon, Sockeye (3 oz)	375
Tuna, light, canned in water (3 oz)	154
Orange juice, fortified with vit D (1 cup)	137
Soy milk, fortified with vit D (1 cup)	104
Cow's milk, fortified with vit D (1 cup)	98
Sardines (2 pieces)	46
Egg, hardboiled (1 large)	44
Cod, Atlantic (3 oz)	31
Shiitake mushrooms, dried (4 pieces)	23
Cod, Pacific (3 oz)	17