

Food Groups Representing ~95% of Vitamin D Intake, 2005-2006*

Fluid milk	46.2%
Milk drinks and desserts, yogurt	7.0
Finfish and shellfish	8.6
Ready to eat and cooked cereal	6.5
Meat, poultry, franks, sausages, lunch meats	6.2
Eggs and egg products	5.0
Meat, poultry, fish items w/ sauces, gravies, bread, other starch, and/or vegetables	5.0
Grain mixtures such as macaroni and cheese	3.3
Orange juice, fortified	3.1
Infant formulas	1.7
Cheese	1.6
Cappuccino, frappuccino, latte	1.2
Butter and margarine	0.9
TOTAL	~95%

*Data Source: What We Eat in America, NHANES, 2005-2006, all individuals (excluding breast-fed children), Day 1, weighted. Vitamin D Addendum to USDA Food and Nutrient Database for Dietary Studies 3.0 (2009) www.ars.usda.gov/ba/bhnrc/fsrg.

Unpublished Data: USDA, Agricultural Research Service, Food Surveys Research Group