

Fatty Fish



- **% DV per 3oz, cooked**
Smoked Salmon (97%), Swordfish (94%), Canned Trout (86%), Salmon (75%), Smoked White Fish (73%), Mackerel (65%), Canned Mackerel (43%), Tuna Canned in Oil (38%), Halibut (33%), Herring (30%), Sardine (27%), Rockfish (26%), Tilapia (21%), Sole & Flounder (20%), and Tuna Steak (12%).
- Wild Caught Salmon has 794 IUS of Vitamin D per 3oz
- Canned light tuna has about 150 IUS per 4oz
- Canned albacore tuna has about 50 IUS per 4oz
- Canned sardines have a little more than 40 IUS per 2 sardines