

Food Frequency Questionnaire for Vitamin D Intake – Key for users

Food	Portion size (g) ¹	Vitamin D per portion (µg) ²
Grains, pasta etc		
Egg noodles	280	0.28
Breakfast Cereals		
Bran type cereal, fortified	40	1.56
Bran flakes, fortified	40	1.84
Cornflakes, fortified	30	1.41
Cornflakes frosted, fortified	30	1.41
Honey loops and hoops, fortified	30	1.26
Malted flake cereal, fortified	40	3.32
Malted wheat cereal, fortified	40	1.16
Oat cereal, instant, plain, fortified	180	1.26
Rice cereal, toasted crisp, fortified	30	1.38
Rice cereal chocolate flavour, fortified	30	1.38
Milk and cream		
Cream	30	0.09
Evaporated milk	15	0.41
Egg and egg dishes		
Whole egg	57	1.8
Omelette	60	2.22
Quiche	140	1.26
Cheese		
Brie	30	0.06
Camembert	40	0.04
Cheddar	20	0.06
Cheddar type 30% fat	20	0.02
Cheese spread	30	0.03

Danish blue	30	0.06
Double Gloucester	20	0.06
Edam	40	0.08
Feta	30	0.15
Goats cheese	30	0.15
Gouda or Halloumi	40	0.08
Mascarpone	51	0.15
Mozzarella	40	0.08
Parmesan	15	0.05
Processed cheese	20	0.04
Red Leicester	20	0.06
Spreadable cheese	30	0.03
Stilton Blue	35	0.07
Wensleydale	25	0.05
Yoghurt		
Greek yoghurt	125	0.125
Low fat yoghurt	125	0.125
Soya yoghurt	125	1
Meat and meat products		
Bacon	46	0.28
Beef and veal	144	0.86
Lamb	90	0.54
Pork	90	0.63
Chicken	100	0.3
Turkey	90	0.36
Liver	100	0.5
Home cooked burger	90	1.08
Takeaway burger	106	0.32
Black pudding	75	0.53

Pâté	80	0.96
Desserts and sweet items		
Ice cream	75	0.38
Shortbread	13	0.05
Cake bars	30	0.39
Chocolate cake	65	0.26
Fruitcake, homemade	70	0.35
Sponge cake	60	0.72
Eccles cake	45	0.36
Éclairs, chocolate, cream filled	90	0.27
Scotch pancakes	110	0.66
Crumble	170	0.4
Fudge, homemade	11	0.1
Fish		
Herring	119	19.2
Kippers	130	13.1
Mackerel	160	13.1
Salmon	100	9.3
Wild salmon	100	10.3
Canned salmon, pink	100	13.6
Canned salmon, red	100	10.9
Fresh sardines	86	3.1
Canned sardines	100	3.6
Trout, baked	155	12.7
Tuna, baked	92	2.9
Tuna, canned	100	1.1
Molluscs	40	0.4
Drinks		
Horlicks powder	20	0.42

Sauces								
Cream based dressings eg thousand island/blue cheese	30				0.03			
Tartar sauce	30				0.06			
Pesto, green	26				0.18			
Milk and Cream	On cereal	Tea/coffee	Mug	Glass	On cereal	Tea/coffee	Mug	Glass
Soya, non-dairy alternative to milk, sweetened, fortified	100	35	230	200	0.8	0.28	1.84	1.6
Soya milk, unsweetened, fortified	100	35	230	200	0.8	0.28	1.84	1.6
Dried skimmed milk	100	35	230	200	1.5	0.53	3.45	3
Butter/spreads	Average spread on one slice							
Butter	10				0.09			
Butter spread	7				0.04			
Fat spread, reduced fat	10				0.42			
Fat spread, low fat	10				0.45			
Margarine	7				0.62			
Vitamins and supplements								
Supplement 1								
Supplement 2								
Supplement 3								

¹ Crawley H, Mills A, Patel S (2002) Food Standards Agency. Food portion sizes. London: The Stationery Office.

² McCance RA & Widdowson EM (2015) McCance and Widdowson's the Composition of Foods. Cambridge: Royal Society of Chemistry.