

Egg Yolk

- Eggs are a convenient way to get vitamin D. They're popular in many breakfast, lunch, dinner, and dessert recipes.
- Since the vitamin D in an egg comes from its yolk, it's important to use the whole egg, not just the whites. One yolk will give you about 40 IUs, but don't try to get your daily vitamin D just from eggs.
- One egg contains about 200 milligrams of cholesterol, and the American Heart Association recommends consuming no more than 300 milligrams a day for heart health.

