

# Did you know? 1 tbsp of lard contains 1,000 IU of vitamin D.

Nutrient-rich. Packed with Vitamins D and B. A potential immunity booster. Yes, that's lard for you. Surprised? You're not alone. Fact is, one tablespoon of pastured lard contains 1,000 international units of vitamin D, a nutrient more than 40 percent of Americans are lacking. The same amount of butter contains 9 IU, while soybean and olive oil contain none.

How do other fats and oils compare?

 **1,000 IU**  
per tablespoon



 **9 IU**  
per tablespoon



 **0 IU**  
per tablespoon



**Olive Oil**

 **0 IU**  
per tablespoon



**Soybean Oil**

**Butter**

**Lard**