

Supplement to “Nutrition: Separating Fact From Fiction”

Dietary References Intakes

FACT: Adequate Food Intake required to meet current DRIs:

- 40% of daily calories from *mostly* low-glycemic carbohydrates
- 30% of daily calories from *mostly* polyunsaturated and monounsaturated fatty acids from fish, nuts and trans-fat-free vegetable oils. Limit saturated fats!
- 30% of daily calories from high-quality protein including lean meats, fish, eggs and carbohydrate mixes that form complete proteins.

The new CDC / Health & Human Services Recommendation is 9-13 servings of vegetables and fruits a day to meet adequate dietary nutrient intake.

Water Soluble B Vitamin FACTS

	Adequate Intake (AI)	Safe Upper Limit (UL)
B1 (Thiamine)	1.2 mg	N/A
B2 (Riboflavin)	1.3 mg	N/A
B3 (Niacin)	16 mg	50 mg
B5 (Pantothenic Acid)	5 mg	N/A
B6 (Pyridoxal (PL) or Pyridoxine (PN))	1.3 mcg	100 mcg
B12 (Cobalamin)	2.4 mcg	N/A
Folate	400 mcg	1,000 mcg
Biotin	30 mcg	N/A

Adequate B Vitamin intake is critical for those who are at risk of gene-related degenerative diseases like AMD and Alzheimer's.

Fat Soluble Vitamin FACTS

Institute of Medicine	Adequate Daily Intake (AI)	Safe Upper Limit (UL)
Vitamin A	2,500 IU	10,000 IU
Vitamin E	30 IU	1,000 IU
Vitamin D	400 IU	2,000 IU
Vitamin K	100 mcg	N/A

AI is based on amount required to stay alive, not on optimal health.

Minerals	Adequate Intake (AI)	Safe Upper Limit (UL)
Calcium	1,200 mg	2,500
Chromium	30 mcg	500 mcg
Copper	900 mcg	7 mg
Iron	8 mg	45 mg
Magnesium	420 mg (food)	350 mg
Manganese	2.3 mg	11 mg
Molybdenum	45 mcg	2,000 mcg
Potassium	4,700 mg	Ask your Dr.
Selenium	55 mcg	400 mcg
Sodium	1.2 g	5.8 g (salt)
Zinc	11 mg	40 mg

Optimal Health FACTS:

Consume:

9 to 13 servings of fruits and vegetables a day

4-6 servings of low-glycemic grains and beans

3 servings of high quality protein from meat, fish and eggs.

1 or 2 tablespoons of trans-fat-free oils - mostly olive oil

Take daily well-formulated multiple nutrients and fish oil for insurance.

Limit dairy foods, alcohol, sugar and high-glycemic carbs.

Do:

Exercise every day.

Work at what you are passionate about.

Surround yourself with as many friends and family as possible.