

RDA's for Healthy Adults

Carbohydrates:

- Carbs should make up approximately 55% of total caloric intake. There is no RDA value, but a minimum of 50-100g should be consumed daily for brain function.
- Good sources of complex carbohydrates include pasta, rice, whole grain products, and baked potatoes. Avoid getting too many carbohydrates from sugar.
- 1/2 cup of rice and 1/2 cup of pasta and 1 slice of whole wheat bread will provide the minimum amount of carbohydrates required.

Protein:

- The daily recommended allowance of protein is .8 g per kilogram. To convert pounds to kg, divide body weight by 2.2 kg/lb. It is important to combine protein sources to ensure complete nutrition.
- Good sources of protein include: legumes, vegetables, starches, dairy products, and meats.
- To meet protein allowance for a 154-lb person, 56 kg of protein is needed. 2 cups of skim milk, 3/4 cup of Cheerios, 2 soft-cooked eggs, 2 slices of whole wheat bread, and a 2-oz chicken breast will meet this allowance.

Fats:

- Less than 30% of total calories should come from fat. The American Heart Association recommends a ratio of 10:10:10 for saturated to monounsaturated to polyunsaturated fats. Careful label reading is necessary to determine true fat content of a food.

Vitamin A:

- The recommended daily allowance is 800 micrograms for adult females and 1000 micrograms for adult males.
- Good sources of Vitamin A include liver, fish oils, fortified milk, and eggs, dark green and orange vegetables, and apricots.

Vitamin D:

- The recommended daily allowance is 5 to 10 micrograms per day.
- A healthy body can make this amount of Vitamin D in 15 minutes of sun exposure.
- Good sources of Vitamin D in the diet include fish oils and fortified milk.

Vitamin E:

- The recommended daily allowance is 10 milligrams for males and 8 milligrams for women.
- It is easy to obtain this amount by eating more fruits and vegetables.
- Good sources of Vitamin E include asparagus, peaches, and oatmeal.

Vitamin K:

- The recommended daily allowance is 60 to 80 micrograms. Most Americans consume 300-500 micrograms per day.
- Good sources of Vitamin K include green, leafy vegetables and liver.

Thiamin:

- The recommended daily allowance is 1.1-1.5 milligrams.
- Good sources include sunflower seeds, pork, whole grains, dried beans, peas, and brewer's yeast.

Riboflavin:

- The recommended daily allowance is 1.2-1.7 milligrams.
- Good sources include milk, mushrooms, spinach, liver, and enriched grains.

Niacin:

- The recommended daily allowance is 15-19 milligrams.
- Good sources include mushrooms, bran, tuna, salmon, chicken, beef, liver, peanuts, and enriched grains.

Pantothenic acid:

- The recommended daily allowance is 4-7 milligrams.
- Good sources include mushrooms, liver, broccoli, eggs; and most foods have some.

Biotin:

- The recommended daily allowance is 30-100 micrograms.
- Good sources include cheese, egg yolks, cauliflower, peanut butter and liver.

Vitamin B-6:

- The recommended daily allowance is 1.8-2 milligrams.
- Good sources include animal protein foods, spinach, broccoli, bananas, salmon, and sunflower seeds.

Folate:

- The recommended daily allowance is 180-200 micrograms.
- Good sources include green leafy vegetables, orange juice, organ meats, sprouts, and sunflower seeds.

Vitamin B-12:

- The recommended daily allowance is 2 micrograms.
- Good sources include animal foods, especially organ meats, oysters, and clams (not natural in plants).

Vitamin C:

- The recommended daily allowance is 60 milligrams.
- Good sources include citrus fruits, strawberries, broccoli, and greens.

Water:

- The recommended daily allowance is 8 glasses per day.

Sodium:

- The recommended daily allowance is 500 milligrams. Intake should not exceed 3 grams/day.

Potassium:

- The recommended daily allowance is 2000 milligrams.
- Good sources include leafy vegetables, bananas, orange juice, milk, whole grains, dried beans, and meats.

Chloride:

- The recommended daily allowance is 700 milligrams.
- Good sources include table salt and some fruits and vegetables. Chloride content can be easily predicted by multiplying sodium content by 1.5.

Calcium:

- The recommended daily allowance is 1200 milligrams for ages 11-24 and 800 milligrams for ages > 30.
- Good sources include dairy products, canned fish, leafy vegetables, tofu, and orange juice.

Phosphorus:

- The recommended daily allowance is 1200 milligrams for ages 11-24.
- Good sources include dairy products, processed foods, and drinks.

Magnesium:

- The recommended daily allowance is 350 milligrams for men and 280 milligrams for women.
- Good sources include wheat bran, green vegetables, nuts, and chocolate.

Other Tips for a Healthy Diet

- Cholesterol intake should not exceed 300 mg per day.
- A wide variety of foods should be consumed.
- A healthy diet along with daily activity can reduce the risk for numerous illnesses and diseases.