

# Tetra tower cards explanation pdf

Rda of vitamins and minerals pdf


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Washington, This collection of fact sheets and other resources from the NIH Office of Dietary Supplements and other federal government sources presents information about dietary recommended daily allowance (RDA) of the fat soluble vitamins A, D, E, and K is -  $\mu\text{g}/\text{day}$ , -  $\mu\text{g}/\text{day}$ , 8- $\mu\text{g}/\text{day}$ , and-  $\mu\text{g}/\text{day}$  respectively DRI is the general term for a set of reference values used to plan and assess nutrient intakes of healthy people. For more information, visit: WHAT IT DOES WHERE IT IS FOUND DAILY VALUE\* Vitamin C As a general guide% DV or less of a nutrient per serving is considered low% DV or more of a nutrient per serving is considered high. More often, choose foods that are: Higher in dietary TableGovernment recommendations for vitamins for males and females aged+ years TableGovernment recommendations for minerals for males and females aged-years TableGovernment recommendations for minerals for males and females aged+ years MINERAL WHAT IT DOES WHERE IT IS FOUND Use the Nutrition Facts label as a tool for consuming a diet rich in vitamins and minerals. The Nutrition Facts label on food and beverage packages shows the amount in Dietary Reference Intakes for vitamin A, vitamin K, arsenic, boron, chromium, copper, iodine, iron, manganese, molybdenum, nickel, silicon, vanadium and zinc. Vitamins and Minerals Chart\* The Daily Values are reference amounts of nutrients to consume or not to exceed each day. These values, which vary by age and sex, include: Recommended Dietary Allowance (RDA): Average daily level of intake sufficient to meet the nutrient requirements of nearly all (97-98%) healthy individuals; often used to plan \* RDA Recommended Dietary Allowance, AI= Adequate Intake, UL = Tolerable Upper Intake Level, AMDR = Acceptable Macronutrient Distribution Range, DG =Dietary Guidelines recommended limit;g fiber per kcal = basis for AI for fiber Vitamins and Minerals Chart\* The Daily Values are reference amounts of nutrients to consume or not to exceed each day. \*\* Units of measurement have been updated.

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 Durée 291 heure(s)

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 Coût 50 EUR (€)

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Étape 1 -

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