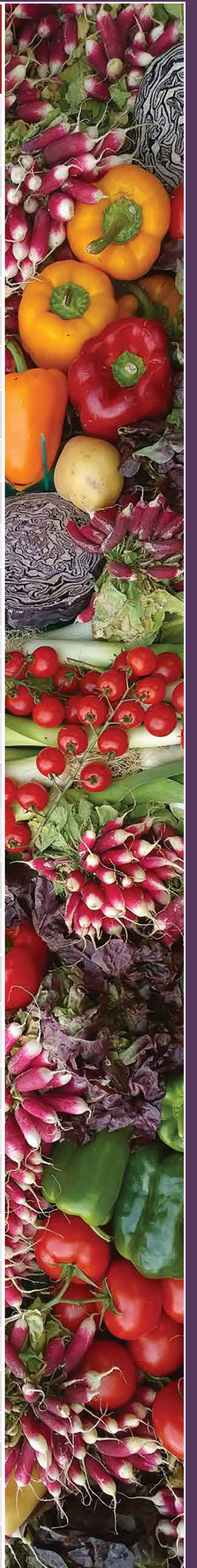


# tasteforlife® 2024 NUTRITION CHART

Your Natural Health and Wellness Source for Twenty-Five Years

	VITAMINS & MINERALS	ACTION	FOOD SOURCES	RDA (Recommended Dietary Allowances and Adequate Intakes)
FAT-SOLUBLE VITAMINS (remain in the body.)	<b>A</b> The body converts some of the five antioxidant carotenoids below to vitamin A.	Antioxidant needed for eye and skin health and immunity; may help fight cancer.	Meat, fish, dairy foods, fish liver oil, brightly colored fruits, vegetables.	700 micrograms for women; 900 micrograms for men
	<b>ASTAXANTHIN</b>	Fights cancer and free radicals.	Salmon, lobster, shrimp.	Not established
	<b>BETA CAROTENE</b>	Aids in cancer prevention.	Green, yellow, and orange fruits/vegetables.	Not established
	<b>LUTEIN</b>	Protects against eye disorders, particularly macular degeneration.	Green fruits/vegetables, especially leafy greens.	Not established
	<b>LYCOPENE</b>	May reduce risk of cancer, heart disease, and more.	Tomatoes cooked in oil, watermelon.	Not established
	<b>ZEAXANTHIN</b>	Antioxidant necessary for eye health.	Yellow corn, mangoes, oranges, green, leafy vegetables, egg yolks.	Not established
	<b>D</b>	Critical for bone and tooth health; may help prevent autoimmune diseases and some cancers.	Cod liver oil, fatty fish, egg yolks, fortified dairy.	15 micrograms; 20 micrograms for ages 71 and older
	<b>E</b> (d-alpha tocopherol and vitamin E succinate)	Antioxidant that helps protect against Alzheimer's disease, cancer, and heart disease.	Wheat germ, almonds and other nuts, cold-pressed vegetable oils.	15 milligrams (mg)
	<b>K</b>	Helps with blood clotting, bone formation, and bone repair.	Leafy, green vegetables, green tea, alfalfa sprouts.	90 micrograms for women; 120 micrograms for men
	WATER-SOLUBLE VITAMINS	<b>B1</b> (thiamine)	Enhances brain function and energy.	Brown rice, dairy, egg yolks, legumes, soy.
<b>B2</b> (riboflavin)		Essential for energy and immune support.	Cheese, eggs, fish, poultry, spinach, yogurt.	1.1 mg for women; 1.3 mg for men
<b>B3</b> (niacin)		Aids healthy circulation and nerves; lowers cholesterol. Because of possible side effects, niacin supplements should be used with a physician's oversight.	Brewer's yeast, broccoli, carrots, fish, nuts, wheat germ.	14 mg for women; 16 mg for men
<b>B5</b> (pantothenic acid)		Fights stress; enhances metabolism and stamina.	Whole wheat, eggs, legumes, peas.	5 mg
<b>B6</b> (pyridoxine)		Needed for growth and maintenance; helps form red blood cells; reduces high levels of homocysteine.	Bananas, brewer's yeast, brown rice, carrots, chicken, eggs, fish, oatmeal, whole-grain cereals.	1.3 mg; 1.5 mg for women 51 and older; 1.7 mg for men 51 and older
<b>B9</b> FOLIC ACID OR FOLATE		Important in genetic, metabolic, and nervous system health; reduces risk of some birth defects.	Leafy greens, liver, asparagus, brewer's yeast.	400 micrograms; 600 micrograms during pregnancy
<b>B12</b>		Needed for blood formation and nervous system health.	Kidneys, liver, clams, crab, fish, eggs, dairy.	2.4 micrograms
<b>BIOTIN</b>		Promotes healthy hair, nails, and skin.	Brewer's yeast, dairy, fish, meat, rice bran, sunflower seeds, sweet potatoes.	30 micrograms
<b>CHOLINE</b> Not strictly water soluble.		Helps transmission of nerve impulses; supports brain function and fat metabolism.	Egg yolks, legumes, meat, whole grains.	425 mg for women; 550 mg for men
<b>C</b> (ascorbic acid)		Antioxidant for immune, eye, and skin health.	Berries, citrus fruits, broccoli, red peppers, leafy greens.	75 mg for women; 90 mg for men
IMPORTANT MINERALS (remain in the body.)	<b>BORON</b>	A micronutrient, may be helpful for bone building, cellular energy, and enzyme function.	Apples, carrots, leafy greens, raw nuts, whole grains.	Not established
	<b>CALCIUM</b>	Essential for strong bones and teeth and healthy gums; balance with magnesium.	Dairy foods (and fortified substitutes), dark leafy greens, sardines.	1,000 mg; 1,200 mg for women age 51 and older; 1,200 mg for men 71 and older
	<b>CHROMIUM</b>	Helps glucose metabolism; enhances energy.	Brewer's yeast, brown rice, meat, whole grains.	20 to 25 micrograms for women; 30 to 35 micrograms for men
	<b>COPPER</b>	Helps build blood cells and collagen.	Meat, nuts, seafood, soybeans, whole grains, dark chocolate.	900 micrograms
	<b>IODINE</b>	Contributes to the making of thyroid hormones. Helps bone and brain development during pregnancy and infancy.	Cod, tuna, seaweed, shrimp, milk, yogurt, cheese, iodized salt.	150 micrograms
	<b>IRON</b>	Essential to blood cell production, growth, immune health, and energy.	Eggs, fish, liver, meat, leafy greens, whole grains.	18 mg for women (8 mg after age 50); 8 mg for men
	<b>MAGNESIUM</b>	Balances calcium; needed for bone and cardiovascular health.	Dairy, fish, leafy greens, meat, molasses, seafood, seeds, soybeans.	310 mg for women 19-30; 320 mg for women 31 and up; 400 mg for men 19-30; 420 mg for men 31 and up
	<b>MANGANESE</b>	Needed for carbohydrate metabolism and energy production.	Shellfish, nuts, seeds, sea vegetables, whole grains.	1.8 mg for women; 2.3 mg for men
	<b>MOLYBDENUM</b>	Activates enzymes, some of which contribute to metabolizing of toxins.	Legumes, beef liver, cereal grains, dark leafy greens, yogurt.	45 micrograms
	<b>POTASSIUM</b>	Protects against high blood pressure.	Fruits, dairy, fish, whole grains.	4.7 grams
	<b>SELENIUM</b>	Anticancer antioxidant; works best with vitamin E.	Brazil nuts, brewer's yeast, brown rice, meat, seafood, whole grains.	55 micrograms
	<b>SILICON</b>	Needed for formation of collagen for bones and connective tissue.	Green beans, bananas, whole grains, lentils, dark, leafy greens.	Not established
	<b>ZINC</b>	Important in immune and reproductive health.	Eggs, legumes, shellfish, whole grains.	8 mg for women; 11 mg for men



SELECTED SOURCES "Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes, Vitamins," Food and Nutrition Board, Institute of Medicine, National Academies, [www.NationalAcademies.org/hmd](http://www.NationalAcademies.org/hmd) ■ "Micronutrient Information Center," Linus Pauling Institute, <http://lpi.oregonstate.edu> ■ "Nutrient Recommendations," National Institutes of Health, <http://ods.od.nih.gov> ■ "Vitamins," Medline Plus, National Library of Medicine, <http://medlineplus.gov>

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