

# NUTRIENT ANALYSIS

DIET ANALYSIS AND TRACKING TOOL

How much of a certain food satisfies RDA amounts?

Below are examples of what you would have to consume to fulfill your RDA's for various nutrients.

## POTASSIUM

An average adult's RDA for **potassium** is 4,700 milligrams per day. To fulfill 4,700 milligrams of **potassium**, you would have to consume:

14 cups of lettuce,



Or you could consume 10 bananas,



Or you could consume 5 avocados.



# VITAMIN E

An average adult's RDA for **vitamin E** is 15 milligrams per day.

It would take 4 full cups of olives each day,



Or 5 cups of blueberries,



Or 2 - quarter (1/4) cups of almonds,



Or 4 halves of papaya.



# ZINC

An average adult's RDA for **zinc** is 11 milligrams per day.

You would have to consume 4 quarter (1/4) cups of pumpkin seeds,



Or you would have to consume 6 - 4 ounce servings of shrimp,



Or you could consume 2 - 4 ounce servings of lamb.



## IODINE

An average adult's RDA for **iodine** is 150 micrograms per day. To fulfill 150 micrograms of **iodine**, you would have to consume:

6 eggs,



Or you could consume 1/8 cup of seaweed (sea kelp),



Or you could consume 4 half cups (small bowls) of plain yogurt.



## MAGNESIUM

An average adult's RDA for **magnesium** is 420 milligrams per day. To fulfill 420 milligrams of **magnesium**, you would have to consume:

3 cups of Swiss chard,



Or 5 cups of garbanzo beans,



Or 5 cups of kidney beans.



## IRON

An average adult's RDAs for **iron** is 12 milligrams per day. To fulfill 12 milligrams of **iron**, you would have to consume

4 cups of mushrooms,



Or 3 - four ounce servings of beef tenderloin,



Or 2 cups of spinach.



## VITAMIN B5

An average adult's RDAs for **vitamin B5** is 5 milligrams per day. To fulfill 5 milligrams of **vitamin B5**, you would have to consume:

10 cups of strawberries,



Or 6 cups of broccoli,



Or 8 cups of Cauliflower.



## OMEGA 3

You need 1.6 g of omega 3 each day

You would have to consume 2 quarter (1/4) cups of walnuts,



Or 2 teaspoons of flaxseed,



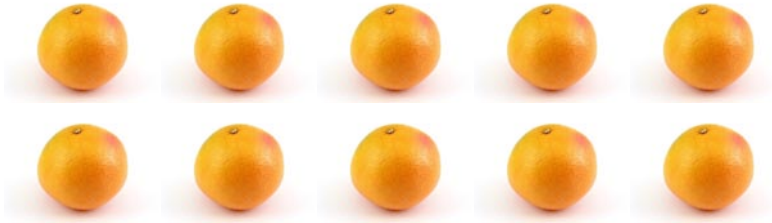
5 - four ounce servings of scallops.



# FOLATE (VITAMIN B9)

You need 400 mcg per day

This would be 10 oranges,



Or 3 cups of collard greens,



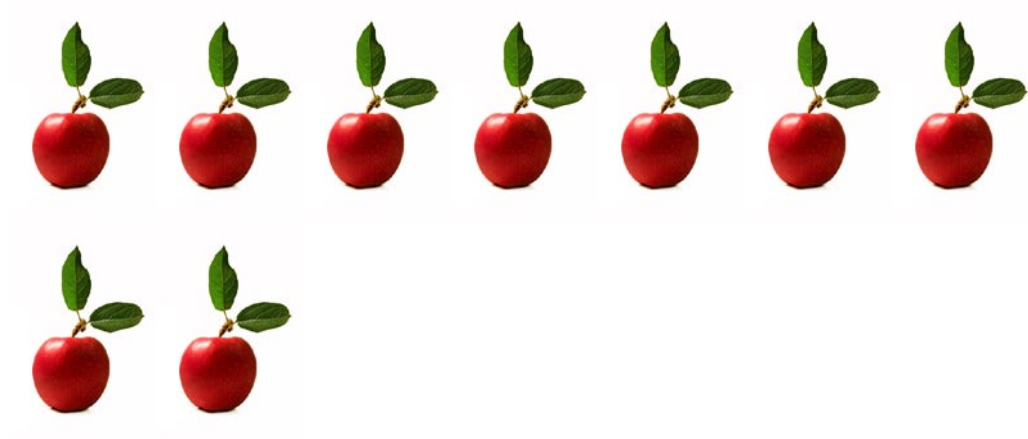
Or you would need 2 cups of asparagus.



# Vitamin C

You would need 75 milligrams per day

You could consume 9 apples,



Or you would need 2 Kiwis,



Or you would need 2 cups of kale.

