A food is low in a nutrient if the % Daily Value is less than 5%.

A food is high in a nutrient if the % Daily Value is 20% or more.

For some nutrients like sodium, keep the total intake for the day less than 100% of the Daily Value.

For nutrients that may be low in the diet, get at least 100% of the Daily Value from a variety of foods.
♦ Each Day -
  - Consume 100% of the Daily Value of Vitamin A.
  - Consume at least 150% of the Daily Value for Vitamin C.
  - Consume at least 120% of the Daily Value for Calcium.
  - Limit your intake of iron to 50% of the Daily Value for Iron.
♦ Divide your weight in half to get the grams of protein you need per day.

Choose food over supplements if possible

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Published on 10/11/2013

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