

Appendix 3 – Vitamins & Minerals

From “Stop Counting Calories & Start Losing Weight”

Recommended Daily Allowances (RDA'S), of foods and supplements has traditionally been set by government health bodies in the USA, UK, and Europe. In the USA, RDA stands for "Recommended Daily Dietary Allowance", which is established for each vitamin and mineral by the Food and Nutritional Board of the National Academy of Sciences and the Food and Drug Administration (FDA).

In the UK the Department of Health gave the RDA for vitamins A, C, and D, three of the B vitamins, and three minerals in 1979. However, in 1993, the European Union (EU) issued a directive on food labelling for its members, which included RDA's for twelve vitamins and six minerals.

Governments and food agencies are continually reviewing the RDA's. For the following two tables, we have used the 2004 EU RDA's given for twelve vitamins and six minerals. Where no RDA's have been given for vitamin K and for the minerals: chromium; copper; manganese; potassium and selenium, we have taken the best recommendations from *The Thorsons Complete Guide to Vitamins & Minerals* – generally regarded as the vitamin and mineral bible.

Notation

RDA = Recommended Daily Allowance

mg = milligrams

µg = micrograms = 3.33 IU's (International Units)

Summary (Vitamins)

VITAMIN	NEEDED FOR?	RDA	BEST SOURCES?
A	Eyesight, growth, appetite & taste	800µg	Liver, butter, cheese, eggs, dark green vegetables
B1	Nervous system, digestion, muscles, heart	1.4mg	Liver, sunflower seeds, brown rice, oats
B2	Growth, skin, nails, hair, eyesight	1.6mg	Liver, eggs, milk, fish, nuts
B3	Energy conversion, building red blood cells	18mg	Liver, meat, oily fish, avocado, nuts, sunflower seeds
B5	Energy conversion, fatigue, stress	6mg	Liver, chicken, eggs, brown rice, oats
B6	Blood, nerves, mental health	2mg	Liver, pork, seeds, nuts, brown rice
B8 (Biotin)	Energy conversion; skin, hair, nerves & bone marrow	150µg	Liver, eggs, milk, nuts, brown rice, bananas
B9 (Folic Acid)	Blood formation & resisting infection	300µg	Liver, eggs, dark green vegetables, lentils, seeds
B12	The basis of all body cells	2µg	Liver, meat, fish, eggs, milk, cheese – only animal foods

C	Absorbing iron; resisting infection; growth & repair of all tissue	60mg	Fruits & vegetables
D	Bones & muscles	5µg	Cod liver oil, oily fish, eggs, sunlight
E	Healthy blood & anti-blood clotting	10mg	Nuts, seeds, avocado, eggs, green vegetables
K	Blood clotting & bones	No EU RDA	Liver, egg yolk, green vegetables, cheese

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Summary (Minerals)

MINERAL	NEEDED FOR?	RDA	BEST SOURCES?
Calcium	Bones & teeth	500mg	Milk, cheese, tinned fish, nuts, pulses
Chromium	Controlling blood glucose level	No EU RDA (200µg optional)	Egg yolks, liver, beef, cheese, onions, lettuce
Copper	Bones, skin, hair; resisting infection	No EU RDA (2mg optional)	Liver, shell fish, cocoa, olives. Also copper pipes & containers
Iron	Carrying oxygen to red blood cells	14mg	Liver, kidney, red meat, fish, eggs, cocoa, lentils
Iodine	Thyroid function	150µg	Kelp, haddock, whiting & small amounts in other fish
Magnesium	Energy production, body growth & repair	300mg	Meat, fish, cocoa, sunflower seeds, whole grains
Manganese	Growth & nervous system	No EU RDA (2mg optional)	Whole grains, nuts, pulses, cocoa

Phosphorus	Bones & teeth, activates the B complex for energy	800mg	Liver, meat, canned fish, eggs, cocoa, whole grains, seeds
Potassium	Energy production, water balance, body cell health	No EU RDA (2g optional)	Everything! Meat, fish, dairy, fruit, salads, vegetables, nuts, whole grains
Selenium	Liver, heart, hair, skin, eyes, fighting infection	No EU RDA (200µg optional)	Kidneys & liver, fish & shellfish, whole grains
Zinc	Growth, insulin balance	15mg	Oysters, liver, shellfish, meat, cheese, fish, eggs

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