

The Harcombe Diet

stop counting calories & start losing weight

Vitamins & Minerals

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, carrots
B1	Nervous system, digestion, muscles, heart	1.4mg	Liver, yeast, brown rice, whole-grains, peanuts
B2	Growth, skin, nails, hair, eyesight	1.6mg	Milk, liver, yeast, cheese, fish
B3	Energy conversion, building red blood cells	1.8mg	Liver, whole-grains, eggs, avocado, fish, meat, peanuts
B5	Energy conversion, fatigue, stress	6mg	Fish, liver, chicken, yeast, whole-grains, milk, cheese, eggs
B6	Blood, nerves, mental health	2mg	Fish, bananas, pork, whole-grains
B8 (Biotin)	Energy conversion; skin, hair, nerves & bone marrow	150µg	Dried brewers yeast, yeast eggs, whole grains, corn
B9 (Folic Acid)	Blood formation & resisting infection	300µg	Carrots, yeast, liver, apricots, pulses, green vegetables
B12	The basis of all body cells	2µg	Fish, liver, beef, pork, milk, cheese – only animal foods
C	Absorbing iron; resisting infection; controlling cholesterol	60mg	Fruits & vegetables
D	Bones & muscles	5µg	Cod liver oil, oily fish, eggs, sunlight
E	Healthy blood & anti-blood clotting	10mg	Nuts, soya beans, olive oil, 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, dried brewers yeast, beef, cheese, liver
Copper	Bones, skin, hair; resisting infection	No EU RDA (2mg optional)	Liver, shell fish, dried brewers yeast, olives. Also copper pipes & containers
Iron	Carrying oxygen to red blood cells	14mg	Dried brewers yeast, liver, kidney, cocoa, dried fruits
Iodine	Thyroid function	150µg	Kelp, haddock, whiting & small amounts in other fish
Magnesium	Energy production, body growth & repair	300mg	Soya beans, dried brewers yeast, nuts, whole grains
Manganese	Growth & nervous system	No EU RDA (2mg optional)	Whole grains, nuts, pulses
Phosphorus	Bones & teeth, activates the B complex for energy	800mg	Yeast extract, dried brewers yeast, canned fish
Potassium	Energy production, water balance, body cell health	No EU RDA (2g optional)	Soy flour, bananas, dried fruits, salads, vegetables, nuts, fruit, brown rice
Selenium	Liver, heart, hair, skin, eyes, fighting infection	No EU RDA (200µg)	Kidneys & liver, fish & shellfish, whole grains

	infection	optional)	
Zinc	Growth, insulin balance	15mg	Oysters, liver, dried brewers yeast, shellfish, meat, cheese, fish

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