

## Recommended Intake Guidelines

The tables below show the recommended daily intakes for individual vitamins and minerals. The Nutrient Reference Values (NRVs) below are transferred from the EU Food Information for Consumers Regulation 1169/2011.

### Vitamins and Minerals

Vitamins	EU NRV
Beta-carotene	7mg
Vitamin A	800 mcg / 266 IU
Vitamin B1 (Thiamine)	1.1 mg
Vitamin B2 (Riboflavin)	1.4 mg
Vitamin B3 (Niacin)	16 mg
Vitamin B5 (Pantothenic Acid)	6 mg
Vitamin B6	1.4 mg
Vitamin B7 (Biotin)	50 mcg
Vitamin B9 (Folic Acid)	200 mcg
Vitamin B12	2.5 mcg
Vitamin C	80 mg
Vitamin D	5 mcg / 200IU
Vitamin E	12 mg / 17.9IU
Vitamin K	75 mcg

Minerals	EU NRV
Calcium	800 mg
Chromium	40 mcg
Copper	1 mg
Fluoride	3.5 mg
Iodine	150 mcg
Iron	14 mg
Magnesium	375 mg
Manganese	2 mg
Molybdenum	50 mcg
Phosphorous	700 mg
Potassium	2000 mg
Selenium	55 mcg
Zinc	10 mg

### Energy and Nutrients

Energy & Nutrient	Reference Intake
Energy (kcal)	2000 kcal
Energy (kJ)	8400 kJ
Protein	50 g
Carbohydrate	at least 260 g
Sugars*	90 g
Total Fat	less than 70 g
Saturated Fat	less than 20 g
Salt	less than 6 g

\*Note that the reference intake for total sugars include natural sugars in fruit and vegetables, as well as added sugars

Reference intakes are based on an average-sized woman doing an average amount of physical activity every day.

1 kcal = 4.184 kJ, so a 1000 kcal diet provides 4.184 MJ or 4184 kJ