

Nutrition Worksheet Dietary Reference Intakes (DRIs) vs. Optimal Daily Allowance (ODA)

The recommended dietary allowance (RDA) was first introduced by the food and nutrition board in the 1940's and has since been used as a benchmark for determining the amount of a vitamin, nutrient or food constituent is needed to remain healthy. While knowledge regarding our bodies' nutritional requirements has progressed, the recommended dietary allowance has not been updated to the current level of understanding. AO40 Wellness program is providing some updated recommendations for the optimal nutrition for your body, Optimal Daily Allowance (ODA).

<u>Vitamin</u>	<u>DRI*</u>	<u>ODA</u>
Vitamin A	5000 IU	5000 IU (Vitamin A palmitate) 10,000 IU mixed beta carotene
Vitamin C	90 mg	1000 mg (Ascorbic acid)
Vitamin D	600 IU	2000 – 5000 IU
Vitamin E	15 mg	400-800 IU
Vitamin K	120 micrograms	120 micrograms
Thiamine (Vit B1)	1.2 mg	100 mg
Riboflavin (Vit B2)	1.3	50 mg
Niacin (Vit B3)	16 mg	190 mg
Pantothenic (Vitamin B5)	5 mg	400 mg
Pyridoxine (Vit B6)	1.7 mg	25 mg
Biotin (Vit B7)	30 micrograms	500 micrograms
Folate (Vit B9)	400 micrograms	800 micrograms
Vitamin B12	2.4 micrograms	100-1000 micrograms

Always check with your health care provider before starting any vitamins, supplements or other nutritional products.

*The Dietary Reference Intakes (DRIs) are the most recent set of dietary recommendations established by the Food and Nutrition Board of the Institute of Medicine, 1997-2001. They replace previous RDA's and may be the basis for eventually updating RDI's. The values above represent the highest DRI for each nutrient.

Dietary Reference Intakes (DRIs): Elements/Minerals

<u>Mineral</u>	<u>DRI</u>	<u>ODA</u>
Calcium	1,000 – 1,200 mg	500 – 1000 mg
Chromium	20- 25 micrograms	200 micrograms
Copper	900 micrograms	1 mg
Iodine	150 micrograms	150 micrograms
Iron	18 mg– premenopausal 8 mg - postmenopausal	18-20 mg ----
Magnesium	320 mg	500-1000 mg
Manganese	1.8 mg	20 mg
Molybdenum	45 micrograms	50 micrograms
Phosphorus	700 mg	----
Selenium	55 micrograms	200 micrograms
Zinc	8 mg	30 mg
Potassium	4.7 g	99 mg
Sodium	1.3 – 1.5 g	----
Chloride	1.8-2.3 g	----

Some high-grade vitamins are best if purchased through your health care provider. We recommend Metagenics, Gia Wellness, Thorne Research, Pure Encapsulations as they are all very good, clean and able to be absorbed easily in your body.

Link to purchase Metagenics products: www.hop50.metagenics.com

Link to purchase Gia Wellness produces: www.giawellness.com/drDianaHoppe

Also, www.femmenessence.com has a great line of products for each stage to help naturally balance your hormones and relieve many symptoms. Click products to discover what is right for your stage.

SOURCES: *Dietary Reference Intakes for Calcium, Phosphorous, Magnesium, Vitamin D, and Fluoride* (1997); *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline* (1998); *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids* (2000); and *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc* (2001); *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate* (2005); and *Dietary Reference Intakes for Calcium and Vitamin D* (2011).