

DEFICIENT SURPLUS
 M = mild A = avoid
 S = severe H = harmful
 C = critical D = dangerous

NUTRIENTS CHART

NUTRIENT

FOOD TYPE	EFF	US RDA or	SOURCE / COMMENT
Protein (also Amino Acids)		US RDA: mg/lb body 225-335	Egg, Fish, Meat, Milk, Legumes
Carbohydrate		Daily: grams 200-400	Complex - Grain, Legumes, Starchy Tubers; Simple - Sugars
Fat		Daily: grams 45-100	Unsaturated - Grain Oils, Fish; Saturated - Meat, Egg Yolk, Milk
Fiber		Daily: grams 30-50	Vegetables, Whole Grains, Fruits, Tubers
VITAMINS			
Vitamin A		US RDA: i.u. 5000	Liver, Green Leafy Vegetables, Green Pepper, Fish Liver Oil, Palm Oil, Egg Yolk
Vitamin B1		US RDA: mg 1.5	Whole Grains, Yeast, Meat, Legumes, Nuts, Eggs, Organ Meats, Milk, Mushrooms, Seaweed, Almonds, Green Leafy Vegetables
Vitamin B2		US RDA: mg 1.7	Yeast, Organ Meats, Fish, Legumes, Whole Grains
Vitamin B3 (Niacin)		US RDA: mg 20	Whole Grains, Legumes, Yeast, Egg Yolk, Organ Meats
Vitamin B5 (Pantothenic Acid)		US RDA: mg 10	Organ Meats, Yeast, Whole Grains, Fish, Legumes, Bananas, Avocados
Vitamin B6		US RDA: mg 2	Egg Yolk, Organ Meats, Yeast, Legumes, Nuts
Vitamin B7 (VitH) (Biotin)		US RDA: mcg 30	Green Leafy Vegetables, Fruits, Yeast, Organ Meats, Soybeans
Vitamin B9 (Folic Acid)		US RDA: mcg 400	Organ Meats, Clam, Crab, Oysters, Eggs, Fish
Vitamin B12		US RDA: mcg 6	Rice, Bran, Apricot Kernels, Legumes
Vitamin B15 (Pangamic Acid)		Daily: Unknown	Fruits (particularly citrus), Green Pepper, Vegetables
Vitamin C		US RDA: mg 60	Fish Liver Oil, Egg Yolk, Liver, Sunlight (UV rays)
Vitamin D		US RDA: i.u. 400	Vegetable Oils, Leafy Vegetables, Egg Yolk, Whole Grains
Vitamin E		US RDA: i.u. 30	
Vitamin F (Essential Fatty Acids)		SEE OTHER SUPPLEMENTS	
Vitamin K		US RDA: mcg 100	Leafy Vegetables, Liver, Meats
MINERALS			
Boron		Daily: mg/lb body wt 1-2	All Plant Foods
Calcium		US RDA: mg 1000	Boned (Soup), Milk, Cheese, Legumes, Separate Calcium foods & Antibiotics by 3 hrs
Chlorine		Daily: grams salt 2-5	Table salt, Seafood, Seaweed, Meat
Chromium		Daily: mcg 200	Grains, Brewer's yeast, Cheese, Meats, Leafy green Vegetables
Copper		US RDA: mg 2	Organ meats, Grains, Nuts, Legumes, Egg yolk, Seafood
Fluorine		Daily: mg 2	Widespread in foods and fluoridated water
Germanium		Daily: mg 6	Beans, Tuna, Oysters, Dried fish, Ginseng, Garlic, Green tea
Iodine		US RDA: mcg 150	Seafood, Seaweed, Iodized salt
Iron		US RDA: mg 18	Organ meats, Seafood, Leafy green Vegetables, Take with Vitamin C
Lithium		Daily: mcg 50	Supplement
Magnesium		US RDA: mg 400	Leafy green Vegetables, Nuts, Grains, Legumes, Seafood
Manganese		Daily: mg 3	Grains, Nuts, Vegetables, Fruits
Molybdenum		Daily: mcg 300	Meat, Grains, Legumes
Nickel		Daily: mcg 100	Vegetables, Organ Meats
Phosphorus		US RDA: mg 1000	Organ Meats, Fish, Milk, Cheese, Grains, Legumes, Nuts
Potassium		Daily: grams 6	Vegetables, Tubers, Fruits, Dissolved in vegetable cooking liquids
Selenium		Daily: mcg 100	Garlic, Seafood, Oysters, Fish, Organ Meat, Brazil Nuts
Silicon		Daily: mg 1	Whole Grains
Sodium		Daily: grams salt 2-5	Table salt, Cheese, Milk, Shell Fish
Sulfur		Daily: mg 800	Eggs, Hot Peppers, Meats, Onions, Garlic, Mustard, Horseradish
Vanadium		Daily: mcg 100	Whole Grains, Vegetables
Zinc		US RDA: mg 15	Oysters, Clams, Organ Meats, Vegetables, Grains

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OTHER SUPPLEMENTS

Acidophilus	Daily:		Leafy green Vegetables, Green Pepper, Carrots, Orange Vegetables
beta-Carotene	Daily: mg	15	Vegetables
Bioflavonoids	Daily:		Fruits, Vegetables
L-Carnitine	Daily:		Meat, Organ Meat, Milk, Yeast
Chlorella	Daily:		Supplement
Chlorophyll	Daily:		Supplement
Choline (Lecithin)	Daily: grams	1-3	Supplement, Unrefined Vegetable Oils, Legumes, Organ Meats
Coenzyme Q10	Daily:		Rice Bran, Wheat Germ, Beans, Nuts, Fish, Meat, Eggs
Dulse	Daily:		Sea Parsley (a red alga)
Damiana	Daily:		Ctrl, SoAmerican Plant, Leaves used as tea (like chamomile)
Essential Fatty Acids (EFA)	Daily: grams	10-20	Linoleic Acid, Alpha Linolenic Acid, Gamma Linolenic Acid, Arachidonic Acid, Begetable Oils, Fish Oil, Animal Fats
Garlic	Daily:		Supplement
GLA (Gamma Linolenic Acid)	Daily: mg	300	Supplement, Oils of Evening Primrose, Borage, Black Currant
Gar Gum	Daily:		Supplement
Inositol	Daily: mg	10	Supplement, Many Foods
Kelp	Daily:		Marine Kelp Species
Inosine (Inosinic Acid)	Daily:		Yeast, Organ Meats
Omega 3	Daily: grams	1-3	Fish Oil, Aquatic Plants and Animals
PABA (Para Amino-Benzoic Acid)	Daily: mg	15	Supplement, Many Foods
Phospholipids	Daily:		Supplement
Plant Phytosterols	Daily:		Crude Vegetable Oils, Oil Seeds
Policosinol	Daily:		Supplement for cholesterol treatment
Propolis	Daily:		Supplement
S.O.D. (Superoxide Dismutase)	Daily:		Supplement
Spirulina	Daily:		Supplement
Water	Daily:		Water deficiency or Extremely excessive intake can be dangerous
Yeast	Daily:		Supplement, Brewer's yeast

DIGESTIVE AIDS & ENZYMES

Amylase	Daily:		Supplement
Bromelain	Daily:		Supplement
Cellulase	Daily:		Supplement
Charcoal (Activated)	Daily:		Supplement
Diastase	Daily:		Supplement
Hydrochloric Acid	Daily:		Supplement
Lactase	Daily:		Supplement
Lipase	Daily:		Supplement
Mycozyme	Daily:		Supplement
Pancreatin	Daily:		Supplement
Papain	Daily:		Supplement
Pepsin	Daily:		Supplement
Protease	Daily:		Supplement
Rennin	Daily:		Supplement
Wobenzym	Daily:		Supplement
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AMINO ACIDS

NUTRIENT	EFF	US RDA or	SOURCE / COMMENT
Alanine	Daily:	Supplement
Arginine	Daily:	Supplement
Asparagine	Daily:	Supplement
Aspartic Acid	Daily:	Supplement, Sugar Cain, Beets
Citrulline	Daily:	Supplement, Watermelon Rind
Cysteine	Daily: mg	Supplement
GABA(Gama-Aminobutyric Acid)	Daily:	Supplement
Glutamic Acid	Daily:	Supplement
Glutamine	Daily:	Supplement
Glutathione	Daily:	Supplement
Glycine	Daily:	Supplement
Histidine	Daily:	Supplement
Homocysteine	Daily:	Supplement
Hydroxyproline	Daily: mg	Supplement
Isoleucine	Daily: mg 5.5	Supplement, Beans, Seeds, Nuts, Chicken, Egg Yolk
Leucine	Daily: mg 7.3	Supplement, Cereals, Beans, Seeds, Milk, Chicken, Beef, Gheese
Lysine	Daily: mg 5.5	Supplement, wheat Germ, Beans, Beef, Chicken, Eggs, Fish
Methionine	Daily: mg 4.5	Supplement, Seeds, Brazil Nuts, Meat, Eggs, Cheese
Ornithine	Daily:	Supplement
Phenylalanine	Daily: mg 7.3	Supplement, Wheat Germ, Beans, Meat, Cheese, Pistachios
Proline	Daily:	Supplement
Serine	Daily:	Supplement
Taurine	Daily:	Supplement, Shark, Abalone
Threonine	Daily: mg 3.6	Supplement, Wheat Germ, Beans, Seeds, Meats, Fish
Tryptophan	Daily: mg 1.4	Supplement, Seeds, Beans, Meats, Eggs, Fish, Turkey
Tyrosine	Daily:	Supplement
Valine	Daily: mg 6.4	Supplement, Oats, Wheat Germ, Beans, Seeds, Chicken, Cheese