

## Daily Values Reference

The FDA uses Daily Values (DVs) for food labeling. DVs for the following macronutrients are Daily Reference Values (DRVs). The DV's used by the FDA for vitamins and minerals are the RDIs listed here.

For people 4 years or older, eating 2,000 calories per day, the DRVs are:

<b>Total Fat</b>	65 g
<b>Saturated Fatty Acids</b>	20 g
<b>Cholesterol</b>	300 mg
<b>Sodium</b>	2300 mg
<b>Potassium</b>	4700 mg
<b>Total Carbohydrate</b>	300 g
<b>Fiber</b>	25 g
<b>Protein</b>	50 g

For vitamins and minerals, the RDIs are given in the following table, along with the more recent RDAs of the Dietary Reference Intakes (maximized over sex and age groups):

<b>Nutrient</b>	<b>RDI</b>	<b>highest RDA of DRI</b>
<b>Vitamin A</b>	3000 IU	10,000 IU
<b>Vitamin C</b>	60 mg	90 mg
<b>Calcium</b>	1000 mg	1300 mg
<b>Iron</b>	18 mg	18 mg
<b>Vitamin D</b>	400 IU	600 IU
<b>Vitamin E</b>	30 IU	15 mg (33 IU of synthetic)
<b>Vitamin K</b>	80 µg	120 µg
<b>Thiamin</b>	1.5 mg	1.2 mg
<b>Riboflavin</b>	1.7 mg	1.3 mg
<b>Niacin</b>	20 mg	16 mg
<b>Vitamin B6</b>	2 mg	1.7 mg
<b>Folate</b>	400 µg	400 µg
<b>Vitamin B12</b>	6 µg	2.4 µg
<b>Biotin</b>	300 µg	30 µg
<b>Pantothenic acid</b>	10 mg	5 mg
<b>Phosphorus</b>	1000 mg	1250 mg
<b>Iodine</b>	150 µg	150 µg
<b>Magnesium</b>	400 mg	420 mg
<b>Zinc</b>	15 mg	11 mg
<b>Selenium</b>	70 µg	55 µg
<b>Copper</b>	2 mg	900 µg
<b>Manganese</b>	2 mg	2.3 mg

<b>Chromium</b>	120 µg	35 µg
<b>Molybdenum</b>	75 µg	45 µg
<b>Chloride</b>	3400 mg	2300 mg