

Food Choices to Fill Nutrient Shortfalls



FOOD SOURCES OF IMPORTANT SHORTFALL NUTRIENTS³

NUTRIENT	FOOD	NUTRIENT CONTENT	% RDA
Vitamin A	Beef liver, 3 oz.	7,700 ug	856%
	Pumpkin, 1 cup canned	1,906 ug	212%
	Sweet potato, 1 medium	1,096 ug	122%
	Spinach, 1 cup cooked	943 ug	105%
	Carrot, 1 whole fresh	509 ug	57%
	Cantaloupe, ½ whole	466 ug	52%
Vitamin C	Mango, 1 whole fresh	181 ug	20%
	Orange juice, 1 cup fresh	124 mg	138%
	Broccoli, 1 cup cooked	101 mg	112%
	Green pepper, 1 whole	96 mg	107%
	Strawberries, 1 cup fresh	85 mg	94%
	Cauliflower, 1 cup cooked	55 mg	61%
Vitamin D	Watermelon, 1 slice	23 mg	26%
	Baked potato, 1 whole	20 mg	22%
	Salmon, sockeye, 3 oz.	375 IU	63%
	Fortified milk, 1 cup	120 IU	20%
	Beef liver, 3 oz.	49 IU	8%
	Egg yolk, 1 large	37 IU	6%
Vitamin E	Butter, 1 Tbsp.	9 IU	2%
	Almonds, 1 oz.	7.4 mg	49%
	Safflower oil, 1 Tbsp.	4.6 mg	31%
	Sunflower seeds, 2 Tbsp.	4.2 mg	30%
	Shrimp, boiled, 3 oz.	1.9 mg	13%
	Sweet potato, 1 medium	0.81 mg	5%

NUTRIENT	FOOD	NUTRIENT CONTENT	% RDA
Calcium	Yogurt, 1 cup	372 mg	37%
	Tofu, ½ cup	253 mg	25%
	Cheddar cheese, 1 oz.	204 mg	20%
	Milk, 1 cup	129 mg	13%
	Kale, 1 cup cooked	94 mg	9%
	Kidney beans, 1 cup canned	92 mg	9%
Magnesium	Broccoli, 1 cup cooked	62 mg	6%
	Spinach, 1 cup cooked	157 mg	51%
	Navy beans, 1 cup cooked	96 mg	31%
	Garbonzo beans, 1 cup cooked	79 mg	25%
	Wheat germ, ¼ cup raw	69 mg	22%
	Figs, 5 dried	29 mg	9%
	Whole-wheat bread, 1 slice	23 mg	7%
	Sirloin steak, 3 oz.	21 mg	7%

The National Health and Nutrition Examination Survey (NHANES) is a survey conducted by the Centers for Disease Control and Prevention (CDC). NHANES is designed to assess the health and nutritional status of adults and children in the United States. The survey is unique in that it combines interviews and physical examinations. The statistics reported in this fact sheet are based on the RDA, which is helpful for assessing individual nutrient needs.

America is in the midst of a nutrition crisis that has yet to be fully addressed.

- Data from the government's National Health and Nutrition Survey (NHANES) shows that most people have problems meeting recommended nutrient intake for the following nutrients: vitamins A, C, D, and E, calcium and magnesium.¹

Current dietary and lifestyle choices have led to a growing gap between the amount of nutrients people should consume and the actual nutrients they are consuming.

- The Healthy Eating Index (HEI) is a measure of diet quality based on how many servings of food from various food groups are eaten. Regardless of weight status, American adults score about 50 out of a possible 100 points.¹
- The HEI score shows that most people need to make significant changes in how they eat to meet nutrient goals.

Nutrient shortfalls left unaddressed have the potential to lead to chronic diseases such as osteoporosis², which will increase healthcare costs.

- In addition to making more nutrient-rich food choices, nutrient shortfalls may also be addressed by including dietary supplements, which provide important nutrients without added calories.
- A healthy diet, physical activity and dietary supplements together can encourage a healthy lifestyle that meets nutrient needs.

For more information visit:

Dietary Guidelines for Americans | www.dietaryguidelines.gov

Nutrition.gov | www.nutrition.gov

National Institutes of Health MedlinePlus | www.nlm.nih.gov/medlineplus/nutrition.html

National Osteoporosis Foundation | www.nof.org

Centers for Disease Control and Prevention | www.cdc.gov

¹ Fulgoni V. NHANES 2001-2008 analysis. 2011 unpublished.

² Warensjo E, Byberg L, Melhus H, et al. Dietary calcium intake and risk of fracture and osteoporosis: prospective longitudinal cohort study. *BMJ* 2011;342:d1473.

³ U.S. Department of Agriculture, Agricultural Research Service. 2012. USDA National Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>