

Nutrient	Recommended Daily Intake (RDI)	Examples of Foods
Total Energy	2000 cal or 8,700 Kj	Derived from all foods
Protein	Average 50-60g Specific .75 – 1.1g/kg body weight	1 cup nuts & seeds + 1 cup beans or legumes + 2 cups grains
Carbohydrate	310g	1 cup nuts & seeds + 1 cup beans or legumes + 2 cups grains
Fat	Saturated (optional) – 1- 2 dessertspoons Mono and Polyunsaturated 2-4 tablespoons per day	Nuts and seeds, cold pressed nut and seed oils, avocado, hempseeds, flax and chia seeds and oils, olive oil and coconut oil Algae derived DHA 200- 400mg per day as a supplement
Vitamin A	Retinol (RE) 700mcg women 900mcg men 2000-3000IU Beta-carotene 15-30mg	Retinol – 10g Butter Beta-carotene – 1 sweet potato plus 1 cup leafy greens, or 2 cups red/orange/ yellow fruit and veg
B Vitamins	B1 – 1.2mg B3 – 13mg B6 - .9-1.4mg B12 – 2.0 mcg	3-5 serves of whole grains or 2 tablespoons of brewers yeast 500mcg supplement
Vitamin C	30mg	3-5 serves of fresh fruit and vegetables
Vitamin D	5mcg (200IU)	10-30 minutes full sun exposure on face and forearms, 1 egg, 250mls milk or vitasoy vit D enriched soymilk (not vegan), Vit D3 supplement (Vitashine) or Vit D2 supplement (vegan).
Vitamin E	7-10mg (alpha tocopherol equivalents)	3-5 serves of whole grains, sunflower seeds or almonds
Calcium	1000mg	1 cup nuts & seeds + 1 cup beans or legumes , 1- 2 tablespoons tahini, 1-2 cups leafy or powdered greens
Iron	27mg women 19.8 men	2-3 pieces of dried fruit plus 1-2 cups leafy greens plus 1 cup legumes



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Magnesium	270-300mg	2-3 cups of leafy or powdered greens
Iodine	150mcg	Pinch of kelp powder or 8 -10 nori sheet or 1-2g dulse flakes.
Zinc	9mg (F) 11mg (M)	1 cup of nuts and seeds esp brazil nuts, pumpkin & sunflower seed