

Daily Values

"Daily Value" is one of the new terms used on today's food labels. It indicates the amount of a nutrient that is provided by a single serving of a food item. Daily Values are used to establish standards for comparison.

The Daily Value is actually based on two sets of standards. The first set of standards is called the Reference Daily Intake (formerly known as the U.S. Recommended Daily Allowance). It reflects the recommended level of intake for most vitamins and minerals.

The second set of standards, called the Daily Reference Values, is used for other nutrients that are also known to have a significant impact of health and disease. These other nutrients include fat,, saturated fat, and cholesterol.

The following are the Daily Values based on Daily Reference Values:

Total Fat	65 grams (based on 30% of 2000 calories)
Saturated Fat	20 grams (based on 8% to 10% of 2000 calories)
Cholesterol	300 milligrams
Total Carbohydrate	300 grams (about 60% of 2000 calories)
Fiber	25 grams
Sodium	2400 milligrams
Potassium	3500 milligrams
Protein	50 grams (about 10% of 2000 calories)

*DRV for protein does not apply to certain populations; Reference Daily Intake (RDI) for protein has been established for these groups: children 1 to 4 years: 16 g; infants under 1 year: 14 g; pregnant women: 60 g; nursing mothers: 65 g.

The following are the Daily Values based on Reference Daily Intake:

Vitamin A	5000 IU
Vitamin C	60 milligrams
Vitamin D	400 IU
Vitamin E	30 IU
Thiamin	1.5 milligrams
Riboflavin	1.7 milligrams
Niacin	20 milligrams
Vitamin B6	2 milligrams
Vitamin B12	6 micrograms
Folic Acid	0.4 milligrams
Biotin	0.3 milligrams
Pantothenic Acid	10 milligrams
Calcium	1000 milligrams
Iron	18 milligrams
Phosphorus	1000 milligrams
Iodine	150 micrograms
Magnesium	400 milligrams
Zinc	15 milligrams
Copper	2 milligrams