

NUTRIENT ANALYSIS

DIET ANALYSIS AND TRACKING TOOL

How much of a certain food satisfies RDA amounts?

Below are examples of what you would have to consume to fulfill your RDA's for various nutrients.

POTASSIUM

An average adult's RDA for [potassium](#) is 4,700 milligrams per day. To fulfill 4,700 milligrams of [potassium](#), you would have to consume:

14 cups of lettuce.



Or you could consume 10 bananas.

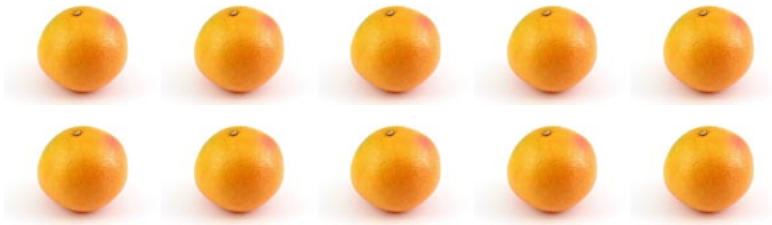


Or you could consume 5 avocados.

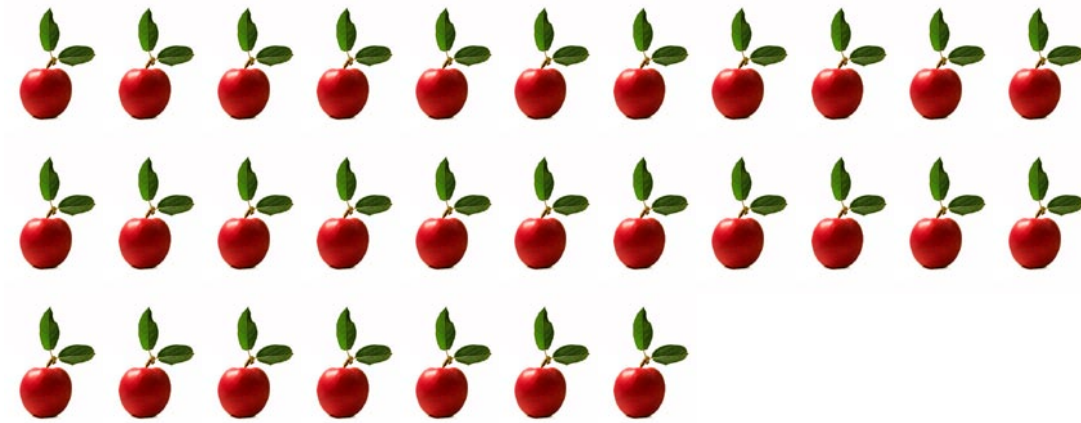


Or you could consume 15 grapefruits.





Or you could consume 29 apples.



IODINE

An average adult's RDA for [iodine](#) is 150 micrograms per day. To fulfill 150 micrograms of [iodine](#), you would have to consume:

6 eggs.



Or you could consume 1/8th cup of seaweed (sea kelp).



Or you could consume 4 half cups (small bowls) of plain yogurt.



MANGNEZIUM

An average adult's RDA for [magnesium](#) is 420 milligrams per day. To fulfill 420 milligrams of [magnezium](#), you would have to consume:

3 cups of Swiss chard.



Or 3 cups of mixed beans (navy, black, pinto and lima).



Or 5 cups of kidney beans.



IRON

An average adult's RDAs for [iron](#) is 12 milligrams per day. To fulfill 12 milligrams of [iron](#), you would have to consume

4 cups of mushrooms.



Or 3 four ounces of beef tenderloin.



Or 6 half cups of olives



VITAMIN B5

An average adult's RDAs for [vitamin B5](#) is 5 milligrams per day. To fulfill 5 milligrams of [vitamin B5](#), you would have to consume:

2 cups of mushrooms.



Or 6 cups of broccoli.



Or 8 cups of Cauliflower.

