

APPENDIX 2. Micronutrients, Minerals, Vitamins for Otherwise Healthy Adults: Commonly included on Canadian Food Labels

Micronutrient		Recommended daily amount*	Foods containing nutrients
Calcium		1,000 to 1,200 mg (over age 70: 1,200 mg)	Animal milk, cheese and yogurt. Otherwise foods that are fortified such as: soy or almond beverages, etc. Closely check labels. Soy product (tofu), salmon, white beans, almonds, collard greens: good sources but must be eaten in very high amounts to obtain recommended dietary intake (e.g., 1.5 cups cooked bok choy = equivalent calcium to 1 cup cow's milk).
Cholesterol		Limit to less than 300 mg	Dairy products, meats (including poultry and fish), eggs, commercial baked goods.
Fat	Saturated	Limit to less than 20 gm (or less than 10% of total energy/day)	Non-lean meats, full-fat dairy (particularly cheeses/butter), palm kernel and coconut oils, hydrogenated vegetable oils (e.g., shortening), some nuts.
	Trans	Zero grams	Occurs naturally in beef, lamb and dairy in small amounts. Commercially produced trans fats essentially banned from Canadian market since 2018.
Fibre		Dietitians of Canada recommendation: Up to age 51: for men 38 g/day and women 25 gm/day ¹ Over age 51: 30 g and 21 g men/women respectively	May be eaten in any combination of soluble (such as in fruits, oats, beans, etc.) and insoluble (celery, wheat berries, brown rice, etc.). Naturally occurring in foods vs. "manufactured fibre" as an additive is preferred. ²
Folate**		400 mcg 600 mcg if pregnant or anticipating pregnancy	Lentils (3/4 cup cooked = 265 mcg), spinach, split peas, asparagus, broccoli, strawberries, oranges.
Iron**		18 mg women up to age 50 8 mg all others**	Legumes, meat including seafood, nuts, eggs, spinach. Otherwise, foods that are fortified such as: boxed (processed) cereals, soy products etc.
Sodium		Limit to 2,300 mg (1 tsp) If hypertension: limit to 1,500 mg† (2/3 tsp) to 2,000 mg†	Small amounts in celery, beets, milk (100 mg/cup) – Often added to foods during processing. Canned soup average: 1,000+ mg per 250 ml (1 cup) serving.
Vitamins			
A		900 µgm (700 µgm women)	Liver, sweet potato, pumpkin, carrots, spinach.
B ₁ Thiamine ¶		1.2 mg	Nutritional yeast, wheat germ, pork. Otherwise, foods that are fortified (particularly boxed cereals).
B ₂ Riboflavin ¶		1.3 mg	Liver, cow's milk, mushrooms, nutritional yeast. Otherwise, fortified foods as above.
B ₃ Niacin ¶		16 mg	Liver, chicken, salmon, soy burger, tempeh, pumpkin seed, nutritional yeast. Otherwise, fortified foods as above.
B ₆		1.7 mg	Chickpeas, beef liver, tuna, salmon, chicken, potatoes, banana. Otherwise, fortified foods as above.
B ₁₂		2.4 µgm	Tuna, trout, salmon, nutritional yeast, red meats (beef, lamb, pork), particularly liver and kidney.
C		90 mg (smokers need an additional 35 mg)	Citrus fruits, red or green peppers, kiwi, broccoli.
D		600 IU (over age 70: 800 IU)	Cow's milk, fatty fish (salmon 500 IU per serving). Otherwise foods that have been fortified – such as orange juice, soy or rice drinks, yogurt.

*Health Canada data on RDA unless otherwise referenced.

**Dietitians of Canada data.

¶ White flour in Canada and all products made with white flour are fortified with these nutritional elements

†American College of Cardiology: <https://www.acc.org/latest-in-cardiology/articles/2016/06/01/12/45/fda-releases-sodium-reduction-targets>

‡ Hypertension Canada: Fact Sheet and Call to Action on Dietary Sodium. Canada 2019. <https://hypertension.ca>

1) Dietitians of Canada: <https://www.dietitians.ca>, plus www.UnlockFood.ca

2) Lesser LI, Mazza MC, Lucan SC. Nutrition myths and healthy dietary advice in clinical practice. Am Fam Physician. 2015;91(9):634-8

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