

The Need for Nutrition

Image Awareness Nutrition • 1271 High Street • Auburn, CA 95603
1-800-359-6091 • (916)823-7092

USDA NUTRIENT DEFICIENCY STUDY

Nutrient	% Population Less 100% RDA	% Females Less 100%
VITAMINS		
Vitamin A	50%	60%
Vitamin C	41%	52%
Thiamin	45%	55%
Riboflavin	34%	47%
Vitamin B-6	80%	93%
Vitamin B-12	33%	50%
MINERALS		
Calcium	68%	77%
Iron	57%	95%
Magnesium	74%	86%

USDA, Report No. I-2

We Are Lacking

The data provided here are from the U.S. Department of Agriculture's Nationwide Food Consumption Survey report. (USDA, Report No. I-2) Some people are not aware of the severe nutritional deficiencies which are revealed when studies of this type are done of the diets of Americans. We simply do not choose to eat as well as we should. Too many Americans assume that knowing the right way to eat is the same as doing it.

How Valid the RDA?

RDA stands for Recommended Daily Allowance. The RDA values are what is needed for a healthy person. These values may not be sufficient for those who are ill, have increased needs because of genetic inheritance, or are exposed to substances which antagonize nutrients. For example, the birth control pill and something called maleic hydrazide in potato chips are strong vitamin B6 antagonists. Aspirin depletes vitamin C. Linus Pauling did not feel the RDA for vitamin C was a reliable value. He wrote the following:

"I am...impressed by the fact that the Committee on the Feeding of Laboratory Animals of the U.S. National Academy of Sciences-National Research Council recommends far more vitamin C for monkeys than the Food and Nutrition Board of the same U.S. National Academy of Sciences-National Research Council recommends for human beings. I am sure that the first committee has worked hard to find the optimum intake for the monkeys, the amount that puts them in the best of health. The second committee has not made any effort to find the optimum intake of vitamin C or of any other vitamin for the American people. In its Recommended Daily Allowances, so well publicized that they are referred to on breakfast-cereal boxes by the initials RDA, the committee rations the vitamins at not much above the minimum daily intake required to prevent the particular deficiency disease that is associated with each of them."

Pauling, Linus, *How to Live Longer and Feel Better*, New York: W.H. Freeman, 1986, p.4.

Who Eats Properly?

In an analysis of a government survey of 21,500 people, not a single person consumed 100% of the U.S. RDA for the 10 most common essential nutrients.

**Eating Behavior and Associated Nutrient Quality of Diets.
Anarem Systems Corporation
1982**