

	Food Grading Criteria	RDI Resource	DV Resource	New DV Regs	DV Rules Slide Show			
VITAMINS								
	Essential Nutrient	RDA or AI	DV - NEW	Unit/day	DV - OLD	Unit/day	≥ 20% New DV	≥ 20% OLD DV
1	Vitamin A	900	900	ug RAEa	5000	IU	180	1000
2	Vitamin B1 (thiamin)	1.2	1.2	mg	1.5	mg	0.24	0.3
3	Vitamin B2 (riboflavin)	1.3	1.3	mg	1.7	mg	0.26	0.34
4	Vitamin B3 (niacin)	16	16	mg	20	mg	3.2	4
5	Vitamin B5 (pantothenic acid)	5	5	mg	10	mg	1	2
6	Vitamin B6 (pyridoxine)	1.3	1.7	mg	2	mg	0.34	0.4
7	Vitamin B7 (biotin)	30	30	ug	300	ug	6	60
8	Vitamin B9 (folic acid, folate/ Total)	400	400	ug DFE	400	ug DFE	80	80
9	Vitamin B12 (cobalamin)	2.4	2.4	ug	6	ug	0.48	1.2
10	Vitamin C (ascorbic acid)	90	90	mg	60	mg	18	12
11	Vitamin D (vitamin D2 or Ergocalciferol and vitamin D3 or Cholecalciferol)	5	20	ug	400	IU	4	80
12	Vitamin E (tocopherol)	15	15	mg	30	IU	3	6
13	Vitamin K (naphthoquinones)	120	120	ug	80	ug	24	16
14	Choline (vitamin Bp)	550	550	mg			110	
MINERALS to get more of								
	Essential Nutrient	DRI: RDA or AI	DV - NEW	Unit/day	DV - OLD	Unit/day	≥ 20% New DV	≥ 20% OLD DV
15	Calcium	1000	1300	mg	1000	mg	260	200
16	Chromium	35	35	ug	120	ug	7	24
17	Copper	0.9	0.9	mg	2	mg	0.18	0.4
18	Iodine	150	150	ug	150	ug	30	30
19	Iron	8	18	mg	18	mg	3.6	3.6
20	Magnesium	420	420	mg	400	mg	84	80
21	Manganese	2.3	2.3	mg	2	mg	0.46	0.4
22	Molybdenum	45	45	ug	75	ug	9	15
23	Phosphorus	700	1250	mg	1000	mg	250	200
24	Potassium	4700	4700	mg	3500	mg	940	700
25	Selenium	55	55	ug	70	ug	11	14
26	Zinc	11	11	ug	15	ug	2.2	3
MINERALS to limit								
	Essential Nutrient	DRI: RDA or AI	DV - NEW	Unit/day	DV - OLD	Unit/day	≤ 20% New DV	≤ 20% OLD DV
27	Sodium	1500	2300	mg	2400	mg	300	480
28	Chloride	2300	2300	mg	3400	mg	460	680
AMINO ACIDS and PROTEIN								

	Essential Nutrient	DRI: RDA	Units	mg/70kg/d			≥ 20% RDA	
29	Histidine	980	mg/day	14	-	-	196	-
30	Isoleucine	1330	mg/day	19	-	-	266	-
31	Leucine	2940	mg/day	42	-	-	588	-
32	Lysine	2660	mg/day	38	-	-	532	-
33	Methionine + (Cysteine SAA)	1330	mg/day	19	-	-	266	-
34	Phenylalanine + (Tyrosine)	2310	mg/day	33	-	-	462	-
35	Threonine	1400	mg/day	20	-	-	280	-
36	Tryptophan	350	mg/day	5	-	-	70	-
37	Valine	1680	mg/day	24	-	-	336	-
38	Total Protein	56	mg/day	g	-	-	11.2	-
FIBER								
	Essential Nutrient	DRI: AI	DV - NEW	Unit/day	DV - OLD	Unit/day	≥ 20% New DV	≥ 20% OLD DV
39	Total Fiber	38	28	g/day	25		5.6	5
POTASSIUM / SODIUM RATIO of DV								
	Essential Nutrient		DV - NEW		DV - OLD			
40	K/Na		≥ 2		≥ 1.5			
FATTY ACIDS								
	Essential Nutrient	DRI: AI	Unit/day	DRI: AI	Unit/day		≥ 20% AI	
41	Omega 3(Alpha-linolenic acid (ALA))	1.6	g	1600	mg		#VALUE!	
42	Omega 6(Linoleic acid (LA))	17	g	17000	mg		#VALUE!	
43	Omega 6 / omega 3 ratio		10.625				≤ 10.625 ratio	
MACRONUTRIENTS								
	Nutrient	DRI: AI	DV - NEW	Unit/day	DV - OLD	Unit/day	20% Total Suga	≤ 20% OLD DV
44	Total Sugar	-	50	g	-	-	10g	10g
Energy								
	Nutrient	EER	70kg man, avg ht 176cm, low activity level factor		Unit/day		≤ 20% EER per serving	
45	Calories: Estimated Energy Req (EER)	2476	kcal/day				#VALUE!	
HARMFUL INGREDIENTS & ADDITIVES								
46	No ingredients from Whole Foods unacceptable list		1pt					
47	Subtract 1 point for every 2 ingredients from Whole Foods unacceptable list							
48	Subtract 1 pt for every 4g of total sugar over 10g							