Daily Values (DVs) used by the FDA

The following table lists the DVs based on a calorific intake of 2,000 K[calories](http://en.wikipedia.org/wiki/Calories), for adults and children four or more years of age.

|  |  |
| --- | --- |
| Total [Fat](http://en.wikipedia.org/wiki/Fat) | 65 [g](http://en.wikipedia.org/wiki/Gram) |
| [Saturated Fatty Acids](http://en.wikipedia.org/wiki/Saturated_Fatty_Acid) | 20 g |
| [Cholesterol](http://en.wikipedia.org/wiki/Cholesterol) | 300 [mg](http://en.wikipedia.org/wiki/Milligram) |
| [Sodium](http://en.wikipedia.org/wiki/Sodium) | 2400 mg |
| [Potassium](http://en.wikipedia.org/wiki/Potassium) | 3500 mg |
| Total [Carbohydrate](http://en.wikipedia.org/wiki/Carbohydrate) | 300 g |
| [Dietary Fiber](http://en.wikipedia.org/wiki/Dietary_Fiber) | 25 g |
| [Protein](http://en.wikipedia.org/wiki/Protein) | 50 g |

|  |  |  |
| --- | --- | --- |
| **Nutrient** | **RDI** | **highest** [**RDA of DRI**](http://en.wikipedia.org/wiki/Dietary_Reference_Intake) |
| [Vitamin A](http://en.wikipedia.org/wiki/Vitamin_A) | 900 [μg](http://en.wikipedia.org/wiki/Microgram) | 900 μg |
| [Vitamin C](http://en.wikipedia.org/wiki/Vitamin_C) | 60 [mg](http://en.wikipedia.org/wiki/Milligram) | 90 mg |
| [Calcium](http://en.wikipedia.org/wiki/Calcium) | 1000 mg | 1300 mg |
| [Iron](http://en.wikipedia.org/wiki/Iron) | 18 mg | 18 mg |
| [Vitamin D](http://en.wikipedia.org/wiki/Vitamin_D) | 400 IU (10 [μg](http://en.wikipedia.org/wiki/Microgram)) | 600 IU |
| [Vitamin E](http://en.wikipedia.org/wiki/Vitamin_E) | 30 IU | 15 mg (33 IU of synthetic) |
| [Vitamin K](http://en.wikipedia.org/wiki/Vitamin_K) | 80 [μg](http://en.wikipedia.org/wiki/Microgram) | 120 μg |
| [Thiamin](http://en.wikipedia.org/wiki/Thiamin) | 1.5 mg | 1.2 mg |
| [Riboflavin](http://en.wikipedia.org/wiki/Riboflavin) | 1.7 mg | 1.3 mg |
| [Niacin](http://en.wikipedia.org/wiki/Niacin) | 20 mg | 16 mg |
| [Vitamin B6](http://en.wikipedia.org/wiki/Vitamin_B6) | 2 mg | 1.7 mg |
| [Folate](http://en.wikipedia.org/wiki/Folate) | 400 μg | 400 μg |
| [Vitamin B12](http://en.wikipedia.org/wiki/Vitamin_B12) | 6 μg | 2.4 μg |
| [Biotin](http://en.wikipedia.org/wiki/Biotin) | 300 μg | 30 μg |
| [Pantothenic acid](http://en.wikipedia.org/wiki/Pantothenic_acid) | 10 mg | 5 mg |
| [Phosphorus](http://en.wikipedia.org/wiki/Phosphorus) | 1000 mg | 1250 mg |
| [Iodine](http://en.wikipedia.org/wiki/Iodine) | 150 μg | 150 μg |
| [Magnesium](http://en.wikipedia.org/wiki/Magnesium) | 400 mg | 420 mg |
| [Zinc](http://en.wikipedia.org/wiki/Zinc) | 15 mg | 11 mg |
| [Selenium](http://en.wikipedia.org/wiki/Selenium) | 70 μg | 55 μg |
| [Copper](http://en.wikipedia.org/wiki/Copper) | 2 mg | 900 μg |
| [Manganese](http://en.wikipedia.org/wiki/Manganese) | 2 mg | 2.3 mg |
| [Chromium](http://en.wikipedia.org/wiki/Chromium) | 120 μg | 35 μg |
| [Molybdenum](http://en.wikipedia.org/wiki/Molybdenum) | 75 μg | 45 μg |
| [Chloride](http://en.wikipedia.org/wiki/Chloride) | 3400 mg | 2300 mg |

Sample Problem:

One serving of your recipe provides 25% of your daily-recommended intake (RDI) of iron. If the RDI for iron is 18mg, what is 25% of 18mg? How much iron is provided (in mg)?

0.25 X 18mg = 4.5mg

Your recipe provides 4.5mg of iron ☺