

# **Recommended Daily Allowance by Diet and Fitness Today**

## Fitness Profile for Guest

Welcome Guest and thank you for choosing the the RDA calculator as part of our Arm Chair Fitness Test from [DietandFitnessToday.com](https://DietandFitnessToday.com)

### Your Input Data

*This is your personal assessment that you can fill in from an arm chair.*

The data for your personalised assessment is based on your profile as recorded on 2024-04-19 and is summarised below.

Name - Guest

Age - 30

Sex - female

### Disclaimer

The information provided by Diet & Fitness Today is for general information and should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. You should always consult a licensed physician or medical professional for diagnosis and treatment of any medical condition and before starting any weight loss or fitness regime.

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## Recommended Daily Allowance

Here are the [recommended dietary allowances \(RDA\)](#), according to the US Food and Nutrition Board (FNB), for nutrients for a female, age = 30 years.

Click on our list of nutrients which includes all [vitamins and minerals](#). Each link gives a description of sources, benefits, [3D pictures](#) and the problems that deficiency may cause.

(Note: nutrients with a star indicate Adequate Intake or AI because no RDA can be established)

[vitamin A](#) = 700 (micro-gram)  
[vitamin C](#) = 75 (mg)  
[vitamin D](#) = 5 (micro-gram)  
[vitamin E](#) = 15 (mg)  
[vitamin K](#) = 90 (micro-gram)  
[thiamin](#) = 1.1 (mg)  
[riboflavin](#) = 1.1 (mg)  
[niacin](#) = 14 (mg)  
[vitamin B6](#) = 1.3 (mg)  
[foliate](#) = 400 (micro-gram)  
[vitamin B12](#) = 2.4 (micro-gram)  
[pantothenic](#) = 5 (mg)  
[biotin](#) = 30 (micro-gram)  
[choline](#) = 425 (mg)  
[calcium](#) = 1000 (mg)  
[chromium](#) = 25 (micro-gram)  
[copper](#) = 900 (micro-gram)  
[fluoride](#) = 3.0 (mg)  
[iodine](#) = 150 (micro-gram)  
[iron](#) = 18 (mg)  
[magnesium](#) = 320 (mg)  
[manganese](#) = 1.8 (mg)  
[molybdenum](#) = 45 (micro-gram)  
[phosphorus](#) = 700 (mg)  
[selenium](#) = 55 (micro-gram)  
[zinc](#) = 8 (mg)  
[potassium](#) = 4.7 (g)  
[sodium](#) = 1.5 (g)  
[chloride](#) = 2.3 (g)