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

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 2024-04-25 and is summarised below.

Name - Guest
Age - 41
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.

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 = **41** 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)