

Essential Vitamins and Minerals Guide with Nutritional Values

By RTB Spa

VITAMINS

Vitamin A (Retinol) - Daily Value: 900 mcg

- Sweet potatoes: 1 cup cubed = 22,096 IU (1,096 mcg RAE)
- Carrots: 1 cup chopped = 21,384 IU (1,069 mcg RAE)
- Spinach: 1 cup raw = 2,813 IU (141 mcg RAE)
- Beef liver: 3 oz = 22,175 IU (6,582 mcg RAE)
- Eggs: 1 large = 270 IU (76 mcg RAE)
- Mangoes: 1 cup sliced = 1,785 IU (89 mcg RAE)
- Cantaloupe: 1 cup = 5,411 IU (270 mcg RAE)

Vitamin B1 (Thiamin) - Daily Value: 1.2 mg

- Whole grains: 1 cup cooked brown rice = 0.2 mg
- Legumes: 1 cup cooked black beans = 0.4 mg
- Nuts: 1 cup almonds = 0.3 mg
- Pork: 3 oz lean = 0.7 mg
- Sunflower seeds: 1 cup = 2 mg
- Brown rice: 1 cup cooked = 0.2 mg

Vitamin B2 (Riboflavin) - Daily Value: 1.3 mg

- Dairy products: 1 cup milk = 0.4 mg
- Eggs: 1 large = 0.2 mg
- Green leafy vegetables: 1 cup spinach = 0.2 mg
- Lean meats: 3 oz beef = 0.2 mg

- Fish: 3 oz salmon = 0.3 mg
- Mushrooms: 1 cup = 0.4 mg

Vitamin B3 (Niacin) - Daily Value: 16 mg

- Chicken: 3 oz = 7.3 mg
- Turkey: 3 oz = 6.2 mg
- Fish: 3 oz tuna = 8.6 mg
- Peanuts: 1 cup = 21.9 mg
- Mushrooms: 1 cup = 2.5 mg
- Green peas: 1 cup = 3 mg

Vitamin C (Ascorbic Acid) - Daily Value: 90 mg

- Oranges: 1 cup sections = 96 mg
- Bell peppers (red): 1 cup chopped = 190 mg
- Strawberries: 1 cup = 85 mg
- Broccoli: 1 cup chopped = 81 mg
- Kiwi: 1 cup = 167 mg
- Tomatoes: 1 cup chopped = 27 mg

Iron - Daily Value: 18 mg

- Spinach: 1 cup cooked = 6.4 mg
- Lentils: 1 cup cooked = 6.6 mg
- Black beans: 1 cup cooked = 3.6 mg
- Fortified cereals: 1 cup = 18 mg
- Oysters: 3 oz = 8 mg
- Ground beef: 3 oz (90% lean) = 2.2 mg

Calcium - Daily Value: 1000 mg

- Milk: 1 cup = 300 mg
- Greek yogurt: 1 cup = 230 mg
- Spinach: 1 cup cooked = 245 mg
- Tofu: 1/2 cup = 434 mg
- Almond milk (fortified): 1 cup = 300-400 mg
- Almonds: 1 cup = 385 mg

Magnesium - Daily Value: 400 mg

- Dark chocolate (70-85%): 1 oz = 64 mg
- Avocado: 1 cup = 44 mg
- Almonds: 1 cup = 380 mg
- Pumpkin seeds: 1 cup = 168 mg
- Black beans: 1 cup cooked = 120 mg
- Spinach: 1 cup cooked = 157 mg

Zinc - Daily Value: 11 mg

- Oysters: 3 oz = 74 mg
- Beef: 3 oz = 7 mg
- Crab: 3 oz = 6.5 mg
- Pumpkin seeds: 1 cup = 6.6 mg
- Chickpeas: 1 cup = 2.5 mg
- Cashews: 1 cup = 5.6 mg

Potassium - Daily Value: 3500 mg

- Bananas: 1 medium = 422 mg
- Sweet potatoes: 1 cup baked = 950 mg

- Spinach: 1 cup cooked = 839 mg
- Plain yogurt: 1 cup = 579 mg
- White beans: 1 cup = 1,004 mg
- Salmon: 3 oz = 326 mg

Tips for Optimal Absorption:

1. Pair iron-rich foods with vitamin C sources to enhance absorption
2. Consume vitamin D with calcium-rich foods
3. Include healthy fats when eating fat-soluble vitamins (A, D, E, K)
4. Space out calcium and iron supplements
5. Consider cooking methods that preserve nutrients

Important Notes:

- Values are approximate and may vary based on food quality and preparation
- Cup measurements are based on US cup (240ml)
- Some values are given in different measurements (oz, IU, mcg, mg) based on standard nutritional guidelines
- Daily Values (DV) are based on a 2,000-calorie daily diet for adults

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