# NUTRITION GUIDELINE DAILY AMOUNT (GDA)

	MEN	WOMEN	CHILDREN		
			CHILD aged 5-10	GIRL 11-14	BOY 11-14
CALORIES	2,500	2,000	1,800	1,850	2,200
SUGAR (g)	120	90	85	90	110
FAT (g)	95	70	70	70	85
SATURATED FAT (g)	30	20	20	25	25
SALT (g)	6	5	4	6	6

# **Guideline Daily Amount Of Vitamins**

United States. Congress. House.

Committee on Interstate and Foreign

Commerce

#### **Guideline Daily Amount Of Vitamins:**

The Complete Idiot's Guide to Vitamins and Minerals Alan H. Pressman, Sheila Buff, 2007 Updated to incorporate the latest nutritional and scientific research a helpful manual offers techniques for assessing one s supplement requirements explores the functions benefits and risks of each essential vitamin mineral and other supplements and dispels myths about false cures and remedies Original 
The New Harvard Guide to Women's Health Karen J. Carlson, Stephanie A. Eisenstat, Terra Diane Ziporyn, 2004-04-30 With complete information on women s health concerns physical and behavioral this A Z reference brings the topics up to date for a new generation of readers 
Prescription for Nutritional Healing Phyllis A. Balch, 2006 BALCH PRESCRIPTION FOR NUTRITIONAL 
Vitamin, Mineral, and Diet Supplements United States. Congress. House. Committee on Interstate and Foreign Commerce. Subcommittee on Public Health and Environment, 1974

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This book delves into Guideline Daily Amount Of Vitamins. Guideline Daily Amount Of Vitamins is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Guideline Daily Amount Of Vitamins, encompassing both the fundamentals and more intricate discussions.

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  - Chapter 2: Essential Elements of Guideline Daily Amount Of Vitamins
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  - Chapter 4: Guideline Daily Amount Of Vitamins in Specific Contexts
  - ∘ Chapter 5: Conclusion
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- 4. In chapter 3, the author will examine the practical applications of Guideline Daily Amount Of Vitamins in daily life. The third chapter will showcase real-world examples of how Guideline Daily Amount Of Vitamins can be effectively utilized in everyday scenarios.
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