

Vitamin C (mg)	11.08	75.00	15%	
Vitamin D - mcg (mcg)	2.65	15.00	18%	15 to no more than 100 mcg*
Vitamin E - a-Toco (mg)	3.47	15.00	23%	
Folate (mcg)	178.35	400.00	45%	Women of child-bearing age should take a supplement or fortified foods with 400 mcg
<i>Minerals</i>				
Calcium (mg)	589.90	1,000.0	59%	Do not exceed 2,500 mg*
Iron (mg)	8.99	18.00	50%	Do not exceed 45 mg*
Magnesium (mg)	119.51	320.00	37%	Do not exceed 350 mg by supplement*
Phosphorus (mg)	751.11	700.00	107%	Do not exceed 4,000 mg*
Potassium (mg)	1,204	4,700.0	26%	At least 4,700 mg per day*
Selenium (mcg)	69.82			
Sodium (mg)	2,713	2,300.0	118%	Less than 2,300 mg per day* - less than 1,500 mg for some people+
Zinc (mg)	5.92	8.00	74%	Do not exceed 40 mg*
<i>Other</i>				
Omega-3 (g)	0.56			
Omega-6 (g)	5.39			
Alcohol (g)	0.00			Do not exceed 2 standard drinks for men and 1 standard drink for women+
Caffeine (mg)	113.81			Up to 400 mg (three to five 8-oz cups of coffee per day)+

* Dietary Reference Intakes

+ 2015 Dietary Guidelines for Americans

++The nutrient content of the items in the MDA food database depend on manufacturers' reporting accurate information. Since many do not have data yet on added sugars, this number may not be an accurate reflection of added sugar intake.

~ Protein recommendations have not been adjusted to take into account endurance/strength athletes who fall into the active and very active categories, but do take into account pregnancy and lactation.