

C

N

U

N

N

Fa

La

ESHA R a



A a G W
F a L a IL

G P a T a
Ma Wa DC

G P a T a R a a
Ma L a IL

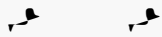
a a

T a C L a N F D A D a F D





N FDA N Fa La Pa
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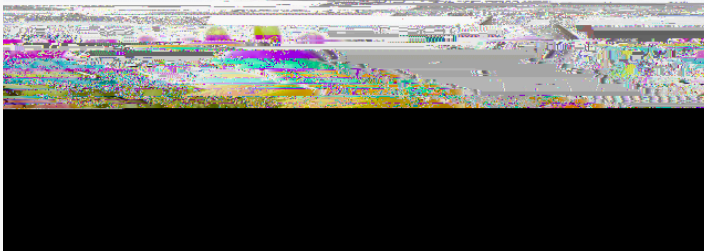
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Unit Changes



V a A

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V a E

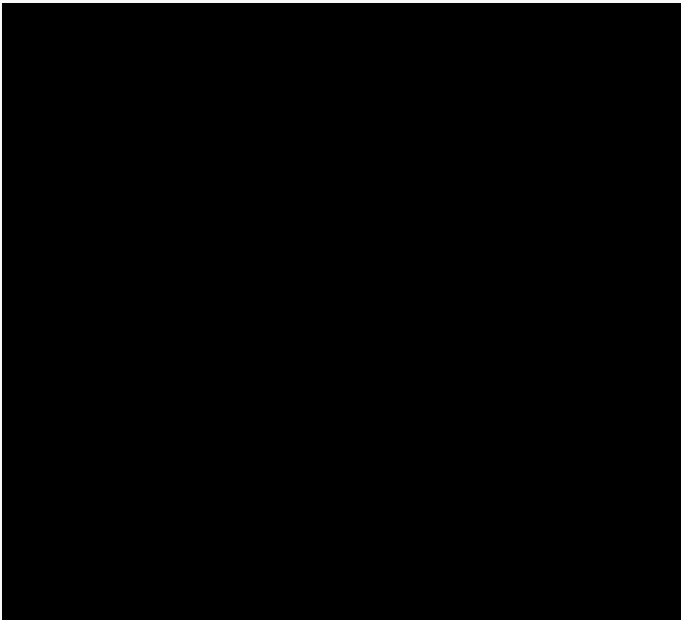
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-

F a

-
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V a D

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Unit Changes

Na

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T a Ca a

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V a D

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V a D F a

N a

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V a E

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V a A

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V a A F a

I a a

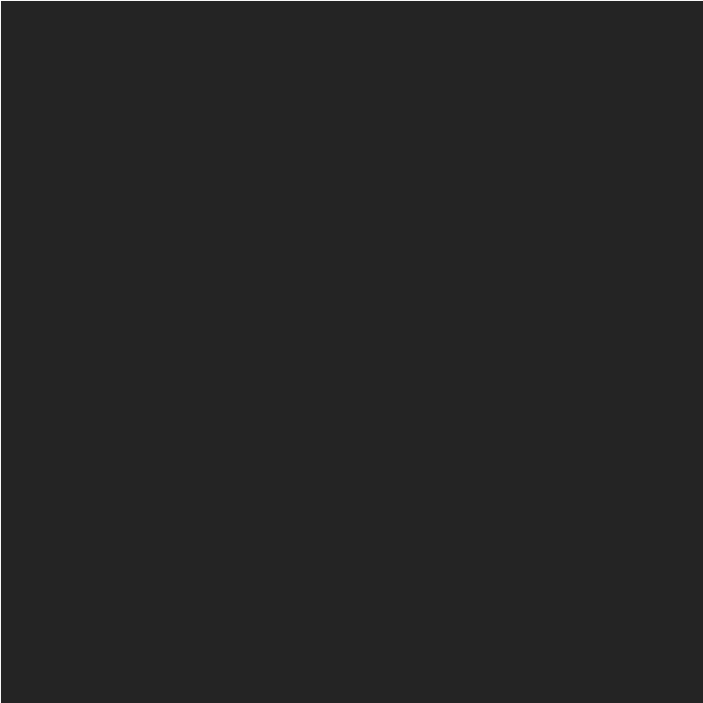
V a A I U a

I a a a a

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Yields/Measures	Nutrients	Value	% DV
25.00	Vitamin D - IU (IU)		100.00
Cost	Vitamin D - mcg (mcg)		
Groups			

Yields/Measures	Nutrients	Value	% DV
Cost	Vitamin D - IU (IU)	100.00	25.00
Groups	Vitamin D - mcg (mcg)	2.50	



Calculate Nutrient



How would you like to Calculate Vitamin A RAE?

Animal Source

$$\text{Vitamin A RAE (mcg)} = \text{Vitamin A IU (IU)} / 3.33$$

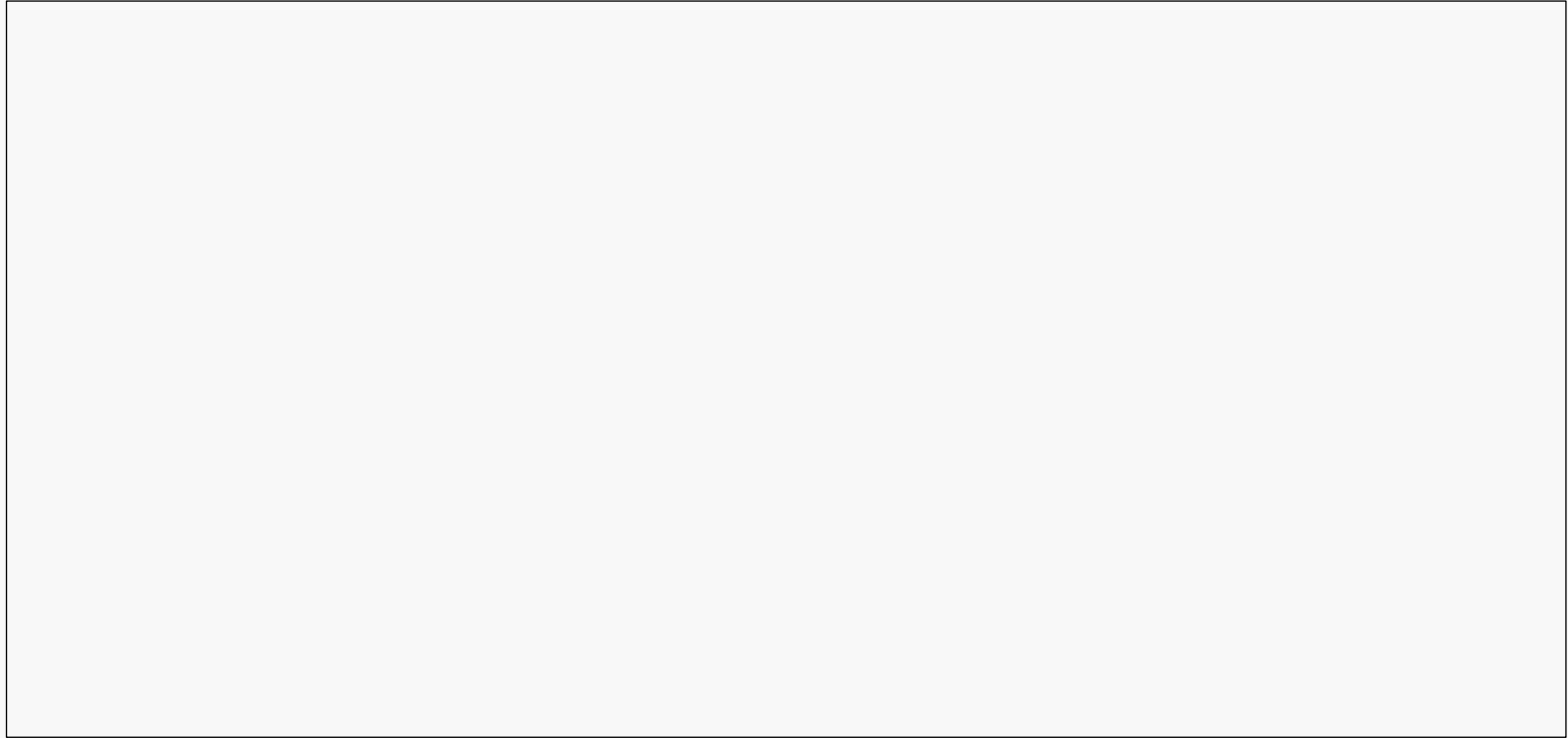
→ Direct Conversion

Cancel

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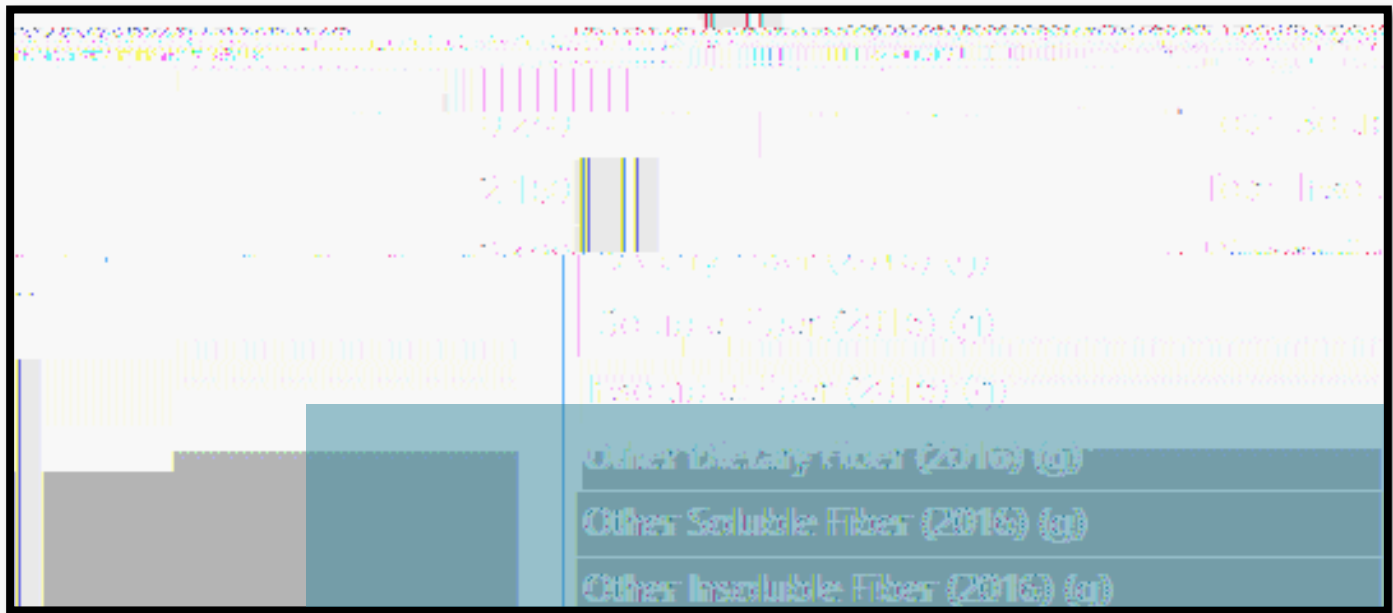
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③ Fiber intake will likely increase with rising rates of obesity, as it is used in a



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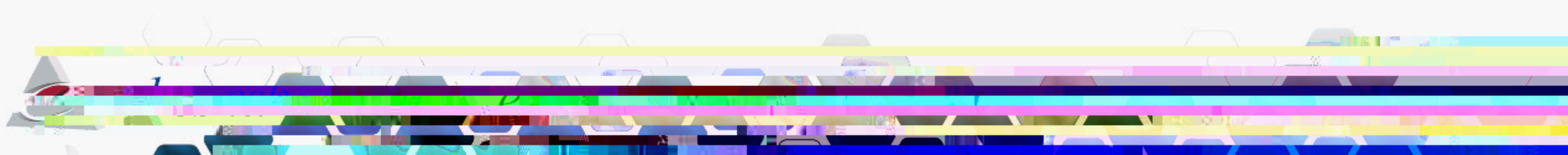




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C a U



H R

