

smart menu nutrients

The Smart Menu was created especially as a way to support every aspect of your health. The chart below includes a list of health-protective nutrients and their recommended daily amounts. Follow these recommendations as a means to optimal health.

NUTRIENT	AMOUNT	BENEFIT OF THE NUTRIENTS IN THE SMART MENU
Protein	96.04 [50 g]	helps maintain healthy skin, hair, and muscles
Fiber	57.23 [25 g]	helps support colon health
Carbohydrates	234.28 [300 g]	promotes energy production
Calories	1910 [1800]	
Choline	457.94 [425 mg]	key in methylation process
Vitamin A	3121.84 [900 RAE]	promotes vision health
Biotin	32.58 [30 mcg]	promotes blood sugar balance
Thiamin [B1]	1.83 [1.2 mg]	offers nervous system support
Riboflavin [B2]	2.24 [1.3 mg]	promotes iron metabolism
Niacin [B3]	22.75 [16 mg]	provides antioxidant protection
Pantothenic Acid [B5]	6.48 [5 mg]	aids in metabolism of fat
Vitamin B6	3.40 [1.7 mg]	aids in production of red blood cells
Vitamin B12	8.49 [2.4 mcg]	provides cardiovascular support
Folate	1103.03 [400 mcg]	promotes brain and nervous system health
Vitamin C	433.30 [75 mg]	protects against free radical damage
Vitamin D	644.18 [400 IU]	promotes bone health
Vitamin E	21.54 [15 aEq]	protects against heart disease
Vitamin K	1759.84 [90 mcg]	promotes healthy blood clotting
Calcium	1105.54 [1000 mg]	supports bone health
Chromium	42.47 [35 mcg]	promotes healthy blood sugar control
Copper	2600.00 [900 mcg]	provides antioxidant protection
Iodine	844.19 [150 mcg]	promotes thyroid hormone production
Iron	18.00 [18 mg]	enhances oxygen transport
Magnesium	526.63 [400 mg]	creates and maintains bone integrity
Manganese	5.59 [2.0 mg]	promotes skin health
Molybdenum	55.47 [45 mcg]	protects against inflammation
Phosphorus	1855.08 [700 mg]	helps maintain proper pH balance
Potassium	5320 mg [3500 mg]	helps maintain normal blood pressure
Selenium	96.11 [55 mcg]	supports normal thyroid function
Omega-3 Fatty Acids	3.28 [2.5 g]	helps reduce inflammation
Zinc	11.53 [11 mg]	promotes healthy immune system
Insoluble Fiber	37.68 g [N/A]	promotes healthy bowel regularity
Soluble Fiber	11.67 g [N/A]	promotes healthy cholesterol levels
Beta-carotene	33516.33 mcg [N/A]	protects against free radical damage
Lutein & Zeaxanthin	31885.36 mcg [N/A]	promotes strong immune system
Lycopene	0.61 mcg [N/A]	protects against free radical damage

You get all of the above for 1910 calories. *First number is amount provided by the Smart Menu; number in parenthesis is the WHFoods nutrient requirement standard [DRI/DV], see page 1006. N/A=not available. For more detail explanation for each nutrient see page 939.