



I. Measuring Your Vitamin Intake Against the RDAs

This activity requires you to reexamine the nutritional assessment you did for Chapters 1 and 2. You recorded all the foods and drinks you consumed for 1 day and their quantities. Then you assessed your intake by calculating the total amounts of nutrients you consumed. You were then asked to compare your nutrient intake to the RDAs found on the inside front cover of this book. Take your completed assessment and look at your intakes of vitamins A, E, C, B-6, B-12, and thiamin, riboflavin, niacin, and folate. Record these numbers in the table. Next, record the RDAs for each of these nutrients from your assessment. Then, record the percentage of the RDA you consumed for each vitamin. Lastly, place a +, -, or = in the space provided, reflecting an intake higher than, lower than, or equal to the RDA.

| Vitamin | Intake | RDA | % of RDA | +, -, = |
|------------|--------|-----|----------|---------|
| A | | | | |
| E | | | | |
| C | | | | |
| Thiamin | | | | |
| Riboflavin | | | | |
| Niacin | | | | |
| B-6 | | | | |
| Folate | | | | |
| B-12 | | | | |

Analysis

- Which of your vitamin intakes equaled or exceeded the RDA?

- Which of your vitamin intakes were below the RDA?

- What foods could you eat to improve your dietary intake of vitamins in low amounts in your diet? (Review sources of certain vitamins in this chapter.)

II. Spotting Fraudulent Claims on the Internet

Search for vitamins and vitamin-like substances that are sold over the Internet. Are the websites found really selling vitamins, or are they actually a cover for selling something else? Compare the price of the vitamins from these sites with the price you would pay at the local supermarket or drug store. Do any of these sites display any disclaimers or warnings about the products? Does the seller make health claims about their products? Based on what you've learned, are the claims reasonable? Can you be sure the supplements contain what they say they do?