

FDA Daily Value Table

For Adults and Children Four or More Years of Age, 2000 Calorie Diet

Updated September 13, 2011

Food Component	DV
Total Fat	65 grams (g)
Saturated Fat	20 g
Cholesterol	300 milligrams (mg)
Sodium	2,400 mg
Potassium	3,500 mg
Total Carbohydrate	300 g
Dietary Fiber	25 g
Protein	50 g
Vitamin A	5,000 International Units (IU)
Vitamin C	60 mg
Calcium	1,000 mg
Iron	18 mg
Vitamin D	400 IU
Vitamin E	30 IU
Vitamin K	80 micrograms μ g
Thiamin	1.5 mg
Riboflavin	1.7 mg
Niacin	20 mg
Vitamin B6	2 mg
Folate	400 μ g
Vitamin B12	6 μ g
Biotin	300 μ g
Pantothenic acid	10 mg
Phosphorus	1,000 mg

FDA Daily Value Table Pg. 2

For Adults and Children Four or More Years of Age, 2000 Calorie Diet

Updated September 13, 2011

Iodine	150 µg
Magnesium	400 mg
Zinc	15 mg
Selenium	70 µg
Copper	2 mg
Manganese	2 mg
Chromium	120 µg
Molybdenum	75 µg
Chloride	3,400 mg