Chromium

Main Functions
• Assists insulin action

Good Sources

Whole-grain Products
• Whole-wheat English Muffin, 1 serving, 3.6 µg

Meat
beef · poultry · fish
• Turkey Breast, 3 ounces, 1.7 µg

Broccoli
• Broccoli, ½ cup, 11 µg

µg = micrograms; a 3-ounce serving of meat is about the size of a deck of cards

Daily Recommendation

Women 19–50 Years
25 µg
Women 51+ Years
20 µg
Men 19–50 Years
35 µg
Men 51+ Years
30 µg

Special Notes
• A well-balanced diet that includes fruit, vegetables, meat, fish, and grains should easily cover dietary needs of chromium.

• Chromium supplements do not enhance muscle mass, reduce body fat, or improve muscle strength.