

CHROMIUM



Oregon State University
Linus Pauling Institute

MAIN FUNCTIONS

- Assists insulin action

DAILY RECOMMENDATION

35
µg

Men
19–50 Years

30
µg

Men
51+ Years

25
µg

Women
19–50 Years

20
µg

Women
51+ Years

GOOD SOURCES

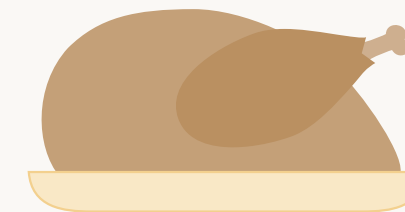
Whole-grain Products

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

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.