

CHROMIUM



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

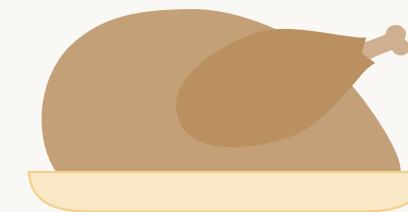
- Whole-wheat English Muffin, 1 serving, 3.6 µg



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.