

Nutrient	The LPI Recommendation	Where can I get more?
DHA (an omega-3 fatty acid)	Eat two servings of oily fish every week	1 large egg 30 mg 3 oz salmon 500-1,200 mg fish oil or algae supplements
Vitamin A (including beta-carotene)	Men: 900 µg/day Women: 700 µg/day	1 large egg 80 µg ½ cup raw carrot 500 µg ½ cup baked sweet potato 900 µg
Vitamin C	Men & Women: 400 mg/day	1 cup bell pepper 120-190 mg 1 kiwifruit 70-90 mg 1 cup strawberries 80-100 mg
Vitamin D	Men & Women: 2,000 IU/day	3 oz salmon 300-500 IU fortified milk 80-120 IU fortified cereal varies sunshine
Vitamin E	Men & Women: 15 mg/day	½ cup almonds 10-12 mg ¼ cup sunflower oil 20-25 mg 1 cup avocado 3 mg
Folate or Folic Acid	Men & Women: 400 µg/day	1 cup cooked lentils 180 µg 1 cup cooked spinach 130 µg 1 slice enriched bread 20-50 µg
Vitamin B₁₂	Men & Women: 2.4 µg/day	3 oz beef 3-6 µg 1 cup milk 1 µg fortified cereals varies
Vitamin B₆	Men & Women: 1.3 mg/day	3 oz chicken 0.5 mg 1 cup canned chickpeas 1.1 mg 1 banana 0.4 mg
Zinc	Men: 11 mg/day Women: 8 mg/day	3 oz beef 4-9 mg 1 oz cashews 1.6 mg 1 cup yogurt 1.7 mg
Iron	Men: 8 mg/day Women: 18 mg/day	3 oz beef 1.5-2.5 mg 1 oz pumpkin seeds 0.9 mg 1 cup cooked lentils 6.6 mg
Copper	Men & Women: 900 µg/day	1 oz dark chocolate 500 µg 1 oz cashews 625 µg ½ shitake mushrooms 650 µg
Selenium	Men & Women: 55 µg/day	3 oz tuna 90 µg 1 cup cottage cheese 20 µg 1 slice whole-wheat bread 13 µg

These recommendations are for all adults under 50 who are not pregnant or breastfeeding.

Adults over 50 may need additional vitamin B₆ and vitamin B₁₂ from supplements, and no supplemental iron. See our [recommendations for older adults](#) for more information.

Amounts of nutrients listed are approximate and can depend on source and preparation.

All of the LPI recommendations meet or exceed the recommendations of the National Academy of Medicine.