

Powerful Foods to Meet Priority Nutrient Needs

The current Dietary Guidelines for Americans has identified 5 high priority nutrients due to the concern with many Americans not meeting the dietary intake recommendations for them. These nutrients include **calcium, potassium, vitamin D, dietary fiber, and iron.**¹

Below are examples of a common food within each food group that is a good source (i.e. provides at least 10% of the recommended daily value, or DV, amount) of 2 or more of these priority nutrients:²⁻⁷

These nutrients are important because they play critical roles in the body, including:²⁻⁶

bone development & maintenance
(calcium & vitamin D)

muscle and nerve function
(calcium, potassium, vitamin D)

hormone regulation
(calcium, iron)

cardiovascular health
(calcium, potassium, dietary fiber, iron)

kidney function
(potassium)

immune system function
(vitamin D, iron)

digestive health
(dietary fiber)



DAIRY Yogurt

8 oz - plain, non or low fat

Calcium - 488 mg (49% DV)
Potassium - 625 mg (13% DV)
Vitamin D - 116 IU (15% DV)



PROTEIN Salmon

3 oz

Calcium - 181 mg (18% DV)
Potassium - 408 mg (10% DV)
Vitamin D - 477 IU (60% DV)



LEGUMES Lima Beans

1 cup - cooked

Potassium - 625 mg (13% DV)
Dietary Fiber - 13.2 g (47% DV)
Iron - 6.4 mg (36% DV)



VEGETABLES Spinach

1 cup - cooked

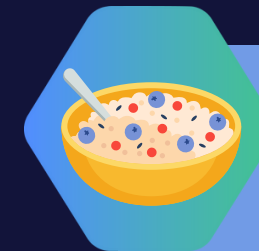
Calcium - 245 mg (25% DV)
Potassium - 839 mg (18% DV)
Dietary Fiber - 4.3 g (15% DV)
Iron - 6.4 mg (36% DV)



FRUIT Orange Juice

1 cup - 100% juice, fortified

Calcium - 349 mg (35% DV)
Potassium - 496 mg (11% DV)
Vitamin D - 100 IU (13% DV)



GRAINS Whole-Grain Ready to Eat Cereal

1/2 cup

Dietary Fiber - 7.5 g (27% DV)
Iron - 16.2 mg (90% DV)

References

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. Dec 2020. Accessed Nov 15, 2024. [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).
2. National Institutes of Health (NIH). Calcium – Fact Sheet for Consumers. Updated Sept 14, 2023. Accessed Nov 15, 2024. <https://ods.od.nih.gov/factsheets/Calcium-Consumer/>
3. National Institutes of Health (NIH). Potassium – Fact Sheet for Consumers. Updated Mar 22, 2021. Accessed Nov 15, 2024. <https://ods.od.nih.gov/factsheets/Potassium-Consumer/>
4. National Institutes of Health (NIH). Vitamin D – Fact Sheet for Consumers. Updated Nov 8, 2022. Accessed Nov 15, 2024. <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>
5. U.S. Food and Drug Administration (FDA). Interactive Nutrition Label - Dietary Fiber. Updated Oct, 2021. Accessed Nov 15, 2024. <https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/dietary-fiber.cfm>
6. National Institutes of Health (NIH). Iron – Fact Sheet for Consumers. Updated Aug 17, 2023. Accessed Nov 15, 2024. <https://ods.od.nih.gov/factsheets/Iron-Consumer/>
7. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. Accessed Nov 15, 2024. fdc.nal.usda.gov.