

Les carences nutritives

Tableau des Apports Journaliers constatés

Nutrient	Men (19+)	Women (19+)
Vitamin A	57%	48%
Vitamin B6	7%	28%
Vitamin C	40%	38%
Vitamin D	59%	59%
Vitamin E	89%	97%
Calcium	63%	88%
Magnesium	64%	67%
Zinc	11%	36%

What we eat in America, NHANES 2001-2002 USDA 2005

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Source: présentation de Brian Dixon Ph.D