

NUTRIENT CONVERSIONS

(Converting nutrients from the 1990 to 2016 rules)

VITAMIN A

ANIMAL SOURCE: retinol from food and supplements

Unit conversion: 1 mcg RAE = 3.33 IU

Calculation: $IU/3.33 = mcg\ RAE$

PLANT SOURCE: beta-carotene equivalents from food

Unit conversion: 1 mcg RAE = 20 IU

Calculation: $IU/20 = mcg\ RAE$

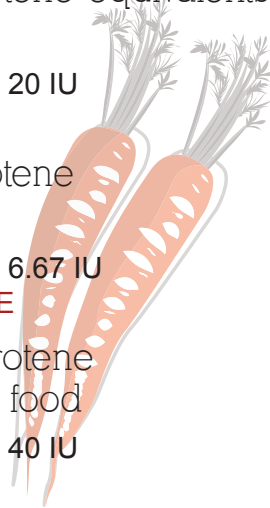
PLANT SOURCE: beta-carotene from supplements

Unit conversion: 1 mcg RAE = 6.67 IU

Calculation: $IU/6.67 = mcg\ RAE$

PLANT SOURCE: alpha-carotene or beta-cryptoxanthin from food

Unit conversion: 1 mcg RAE = 40 IU



Note: If Vitamin A comes from a combination of animal and plant source, more detail must be obtained from suppliers.

VITAMIN E

NATURAL SOURCE: food

Unit conversion: 1 mg alpha-tocopherol = 1.49 IU

Calculation: $IU/1.49 = mg\ alpha-tocopherol$

SYNTHETIC SOURCE: supplement

Unit conversion: 1 mg alpha-tocopherol = 2.22 IU

Calculation: $IU/2.22 = mg\ alpha-tocopherol$

VITAMIN D

Unit conversion: 1 mcg = 40 IU

Calculation: $IU/40 = mcg$

DIETARY FIBER (2016 definition)

BENEFICIAL FIBER

Unit conversion: 1 gm Total Dietary Fiber = 1 gm Dietary Fiber

Calculation: None needed. (The units are equivalent.)

NOT BENEFICIAL FIBER

Unit conversion: 1 gm Total Dietary Fiber = 0 gm Dietary Fiber

Calculation: None needed, essentially. (If the non-digestible carbohydrates do not meet the FDA definition for Dietary Fiber, these cannot be listed as fiber on the 2016 label.)

NIACIN

FROM NIACIN

Unit conversion: 1 mg Niacin Equivalent = 1 mg Niacin

Calculation: None needed. (The units are equivalent.)

FROM TRYPTOPHAN

Unit conversion: 1 mg Niacin Equivalent = 60 mg tryptophan

Calculation: $tryptophan/60 = mg\ Niacin\ Equivalent$

FOLATE

NATURAL SOURCE: food

Unit conversion: 1 mcg DFE = 1 mcg Folate from food

Calculation: None. (Units are equivalent.)

SYNTHETIC SOURCE: supplement

Unit conversion: 1.7 mcg DFE = 1 mcg Folic Acid

Calculation: $Folic\ Acid\ x\ 1.7 = mcg\ Folate\ DFE$

