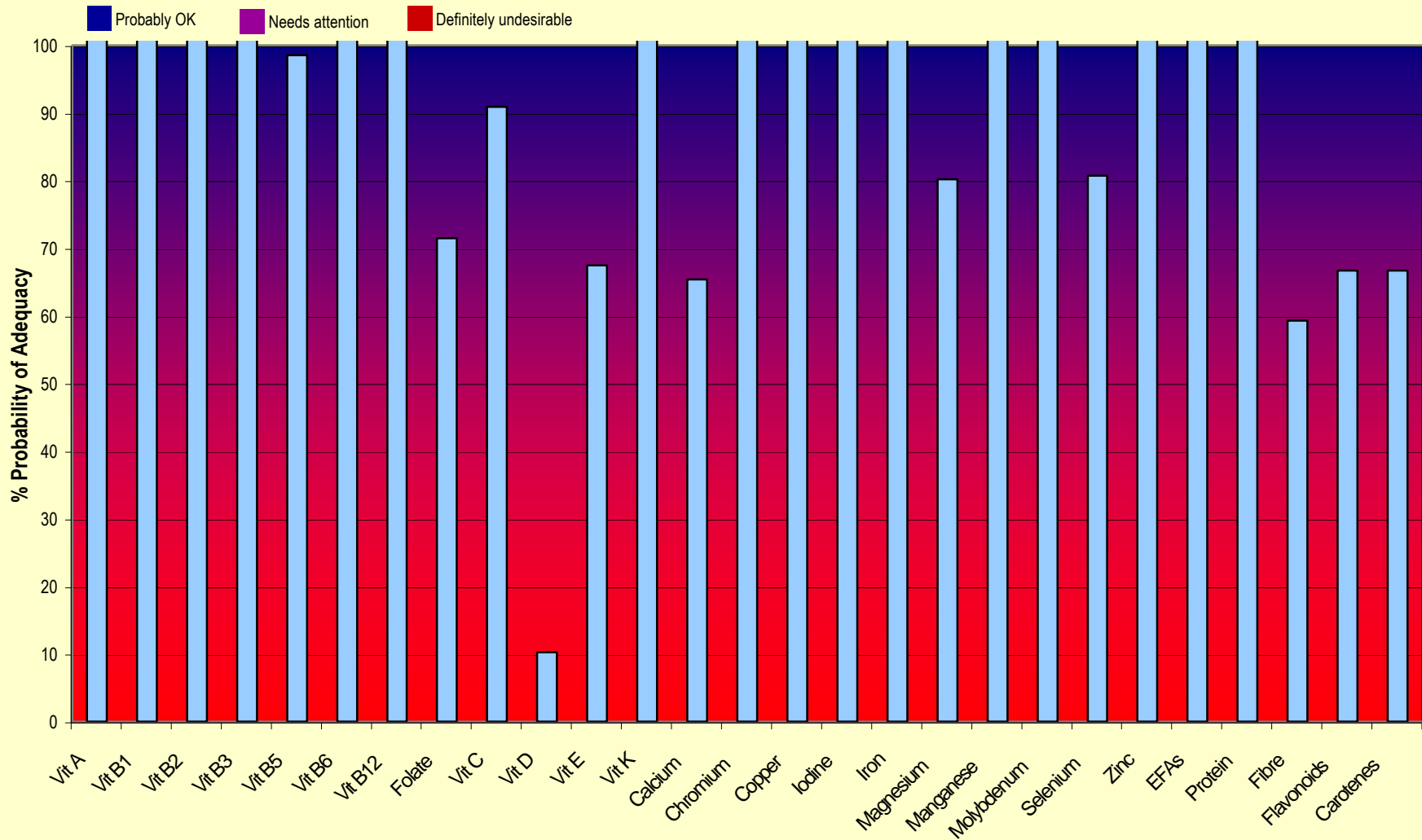


Chart 2: Deficiencies Risk According to Diet



Figures based on a varied diet of typical food group items. Excludes supplements, special fortification and miscellaneous items not listed in the Questionnaire. Includes deduction of anti-nutrient points for moderate-to-heavy consumption of alcohol, tea, coffee and (for chromium) sugar. Vitamin D rating assumes no exposure to sunlight. Adequacy rating based on US RDAs (2002) with adjustments for vegetarians, smokers, and pregnancy or breastfeeding. Laboratory investigations are recommended to confirm these results.