

## CHEAT SHEET

# NUTRIENT CONVERSIONS

(Converting nutrients from the 1990 to 2016 rules)



### VITAMIN A

*ANIMAL SOURCE:* pre-formed retinol

**Vitamin A mcg RAE = Vitamin A IU x 0.3**

*PLANT SOURCE:* beta-carotene from food

**Vitamin A mcg RAE = Vitamin A IU x 0.05**

*PLANT SOURCE:* beta-carotene from supplements

**Vitamin A mcg RAE = Vitamin A IU x 0.3**

*PLANT SOURCE:* alpha-carotene or

beta-cryptoxanthin from food

**Vitamin A mcg RAE = Vitamin A IU x 0.025**

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

### NIACIN

*FROM NIACIN*

**Niacin mg NE = Niacin mg** (The units are equivalent.)

*FROM TRYPTOPHAN*

**Niacin mg NE = Tryptophan mg / 60**

### FOLATE

*NATURAL SOURCE:* food

**Folate mcg DFE = Food Folate mcg**

*SYNTHETIC SOURCE:* supplement

**Folate mcg DFE = Folic Acid mcg x 1.7**

### VITAMIN E

*NATURAL SOURCE:* food

**Vitamin E alpha-tocopherol mg = Vitamin E IU x 0.67**

*SYNTHETIC SOURCE:* supplement

**Vitamin E alpha-tocopherol mg = Vitamin E IU x 0.45**

### VITAMIN D

**Vitamin D mcg = Vitamin D IU x 0.025**

### DIETARY FIBER (2016 definition)

*BENEFICIAL FIBER*

**1 gm Total Dietary Fiber = 1 gm Dietary Fiber** (The units are equivalent.)

*NOT BENEFICIAL FIBER*

**1 gm Total Dietary Fiber = 0 gm Dietary Fiber**

(If the non-digestible carbohydrates do not meet the FDA definition for Dietary Fiber, these cannot be listed as fiber on the 2016 label.)