

# STANDARDS & CONVERSIONS

*noun* | stand•ards & con•ver•sions | \ 'stan-dərdz & kən-'vər-zhəns\

: authorized basis of weight, measure, value, comparison, or judgment &  
 : to obtain an equivalent value for in a calculation, as units of measurement

## STANDARDS - ADULTS (DRVs & RDIs used to calculate the 2016 US %DVs.)

### MANDATORY NUTRIENTS

| Nutrient     | Daily Value |
|--------------|-------------|
| Total Fat    | 78 g        |
| Sat Fat      | 20 g        |
| Cholesterol  | 300 mg      |
| Sodium       | 2300 mg     |
| Carbs        | 275 g       |
| Fiber        | 28 g        |
| Added Sugars | 50 g        |
| Protein      | 50 g        |
| Vitamin D    | 20 mcg      |
| Calcium      | 1300 mg     |
| Iron         | 18 mg       |
| Potassium    | 4700 mg     |

### VOLUNTARY VITAMINS

| Nutrient        | Daily Value |
|-----------------|-------------|
| Vitamin A       | 900 mcg RAE |
| Vitamin C       | 90 mg       |
| Vitamin E α-toc | 15 mg       |
| Vitamin K       | 120 mcg     |
| Thiamin         | 1.2 mg      |
| Riboflavin      | 1.3 mg      |
| Niacin          | 16 mg NE    |
| Vitamin B6      | 1.7 mg      |
| Folate          | 400 mcg DFE |
| Vitamin B12     | 2.4 mcg     |
| Biotin          | 30 mcg      |
| Panto Acid      | 5 mg        |

### VOLUNTARY MINERALS AND OTHER NUTRIENTS

| Nutrient   | Daily Value |
|------------|-------------|
| Phosphorus | 1250 mg     |
| Iodine     | 150 mcg     |
| Magnesium  | 420 mg      |
| Zinc       | 11 mg       |
| Selenium   | 55 mcg      |
| Copper     | .9 mg       |
| Manganese  | 2.3 mg      |
| Chromium   | 35 mcg      |
| Molybdenum | 45 mcg      |
| Chloride   | 2300 mg     |
| Choline    | 550 mg      |

## CONVERSIONS

| WATER*  | WEIGHT MEASURE | OTHER VOLUME |
|---------|----------------|--------------|
| 1 mL    | 1 g            | 1 cc         |
| 1 Tbsp  | 15 g           | 15 cc        |
| 1 cup   | 236.59 g       | 236.59 mL    |
| 1 fl oz | 29.57 g        | 29.57 mL     |
| 1000 cc | 1000 g         | 1 kg         |
| 1 quart | .946 kg        |              |
| 1 oz    | 28.35 g        |              |
| 1 cup   | 16 Tbsp        |              |
| 1 cup   | 8 fl oz        |              |
| 1 lb    | 16 oz          | 453.6 g      |

\*and other clear liquids

## Abbreviations

Commonly used on supplier spec sheets

|           |    |            |    |
|-----------|----|------------|----|
| Aluminum  | Al | Magnesium  | Mg |
| Boron     | B  | Manganese  | Mn |
| Calcium   | Ca | Molybdenum | Mo |
| Chloride  | Cl | Sodium     | Na |
| Chromium  | Cr | Nickel     | Ni |
| Cobalt    | Co | Phosphorus | P  |
| Copper    | Cu | Lead       | Pb |
| Fluoride  | F  | Sulfur     | S  |
| Iron      | Fe | Selenium   | Se |
| Iodine    | I  | Vanadium   | V  |
| Potassium | K  | Zinc       | Zn |



©2020 ESHA Research

4747 Skyline Rd #100, Salem, OR 97306  
 www.esha.com | info@esha.com | 503-585-6242