



Vitamin and Mineral Requirements in Human Nutrition, Second Edition

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The present Consultation is part of a long series of expert consultations, which have as a primary objective to review the state of knowledge on the role of various nutrients in the human diet and to formulate practical recommendations where interpretation is needed or controversy exists.

The Joint FAO/WHO group of experts reviewed the full scope of vitamin and minerals requirements, including their role in normal human physiology and metabolism and in deficiency disease conditions. The focus was on the requirements of the essential vitamins and minerals, including vitamins A, C, D, E, and K; the B vitamins; calcium; iron; magnesium; zinc; selenium; and iodine. The report provides recommended nutrient intakes for vitamins A, C, D, E, and K; the B vitamins; calcium; iron; magnesium; zinc; selenium; and iodine. The report also provides practical advice and recommendations, which will constitute an authoritative source of information for all those who work in the area of nutrition, agriculture, food production and distribution, and health promotion.

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