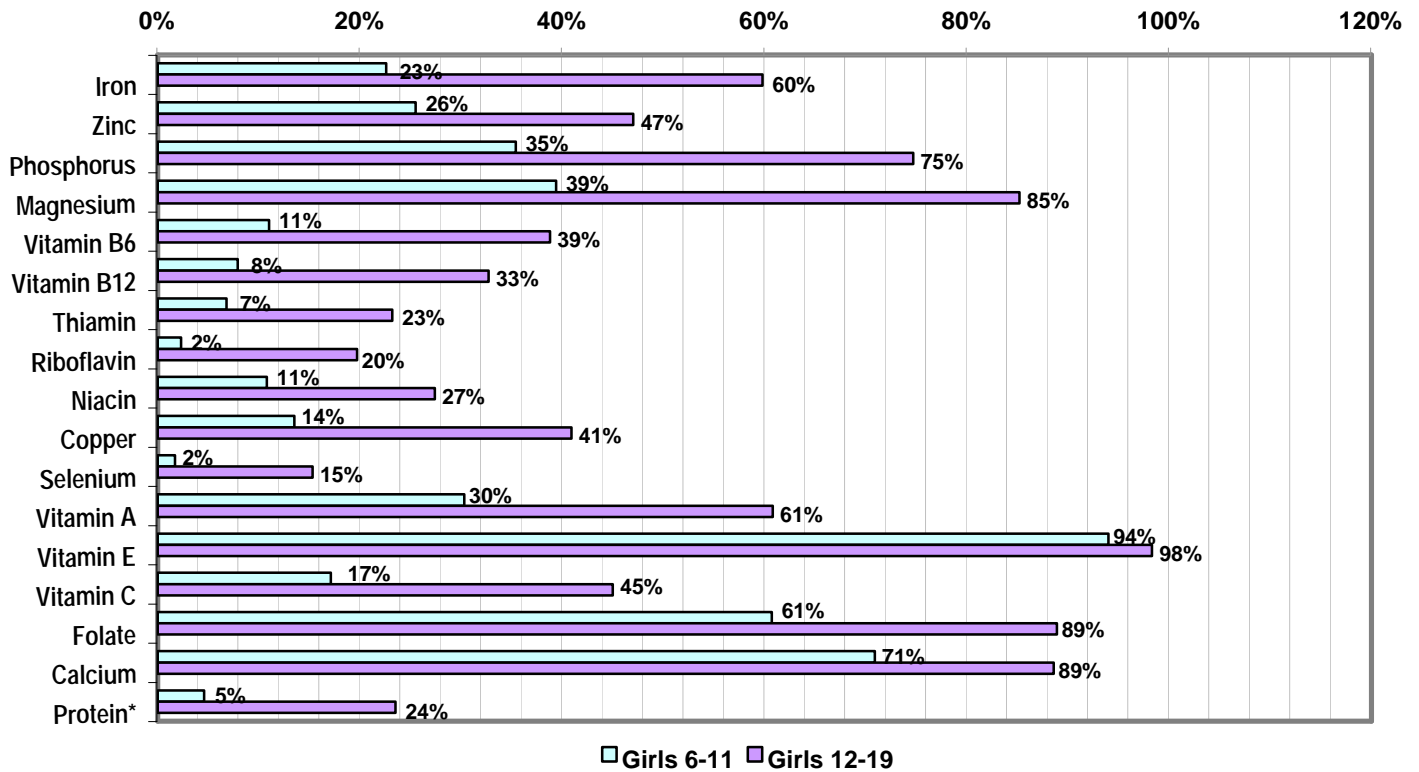


## Percentages of Girls NOT Meeting Needs for Specific Nutrients



Source: Updated Analysis of the 1994-96, 1998 Continuing Survey of Food Intake by Individuals (CSFII), Final Report prepared by Bermudez Consultenos International, presented to the National Cattlemen's Beef Association, August, 2002.

### Common Food Sources of Nutrients

<b>Iron</b>	beef, poultry, fortified breads and cereals, potatoes, beans
<b>Zinc</b>	beef, oysters, crab, lamb, fortified cereals
<b>Phosphorus</b>	milk, yogurt, ice cream, cheese, beef, fish, peas, beans
<b>Magnesium</b>	green leafy vegetables, nuts, fish, brown rice, beans, milk
<b>Vitamin B6</b>	bananas, fortified cereals, beef, poultry, pork, potatoes
<b>Vitamin B12</b>	beef, poultry, fish, lamb, fortified cereals
<b>Thiamin</b>	fortified breads and cereals, whole-grain products, pork, peas, white rice, tuna
<b>Riboflavin</b>	milk, yogurt, beef, poultry, fortified breads and cereals
<b>Niacin</b>	beef, fish, poultry, lamb, mushrooms, fortified breads and cereals
<b>Copper</b>	seafood, nuts, seeds, mushrooms, potatoes, beans, cocoa products
<b>Selenium</b>	beef, fish, pork, poultry, nuts, plants (depending on soil selenium content)
<b>Vitamin A</b>	sweet potatoes, spinach, carrots, red peppers, dairy products, beef liver
<b>Vitamin E</b>	fortified cereals, nuts, fruits, vegetables, fish
<b>Vitamin C</b>	orange juice, tomatoes, strawberries, peppers, fruits, broccoli, sweet potatoes, brussel sprouts, cauliflower, asparagus, spinach
<b>Folate</b>	dark leafy vegetables, enriched rice, enriched breads, fortified cereals, beans
<b>Calcium</b>	milk, cheese, yogurt, spinach, kale, turnip greens
<b>Protein</b>	beef, pork, lamb, poultry, fish, beans, eggs, dairy products

Source: USDA, Agricultural Research Service, 2002. USDA Nutrient Database for Standard Reference, Release 15.