

# Re: Nutrients Required in a Day?

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- *From:* "Cubit" <no@xxxxxxx>
  - *Date:* Thu, 24 Jan 2008 01:17:06 GMT
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<xmp333@xxxxxxxx> wrote in message  
[news:6bcddeb2-0a2c-4f5b-8413-c107e64f04ab@xx](mailto:news:6bcddeb2-0a2c-4f5b-8413-c107e64f04ab@xx)

Good Afternoon,

I was researching nutritionally complete meals, and ran into a problem. All the foods I found were so nutritionally deficient with respect to the RDA, that it looked like it was impossible to get one's required nutrients, no matter what one ate.

For example, I have read in many places that one can live indefinitely on potatoes and milk as that provides the body with all the nutrients it needs. Yet so many nutrients were missing (or were present in only tiny fractions of the RDA) that either this information is wrong, or I'm confused about the charts.

Are many nutrients manufactured by the body? If so, what are the nutrients that one must consume every day to remain healthy?

Thanks in advance.

Well,  
I think you have a good question.

I used the Fitday download software to monitor RDA and DV. However, I'm losing faith in the folks who set these standards and the Fitday download is a bit out-of-date.