

## Re: Nutrients Required in a Day?

---

*Source:* <http://sci.tech--archive.net/Archive/sci.med.nutrition/2008-01/msg00242.html>

---

- *From:* Ron Peterson <[ron@xxxxxxxxxxxxxxx](mailto:ron@xxxxxxxxxxxxxxx)>
  - *Date:* Fri, 25 Jan 2008 07:57:32 -0800 (PST)
- 

On Jan 24, 12:08 pm, xmp...@xxxxxxxx wrote:

On Jan 23, 7:17 pm, "Cubit" <n...@xxxxxxx> wrote:

I also lost faith in all nutritional information (and those who provide them) after reading up on the RDA.

What did you read about the RDA that gives you no faith in nutritional information? I thought the measurements were reasonably accurate.

For starters, they changed the food pyramid.

A quick web search returned about a thousand food pyramids. So, you get to pick and choose depending on your goals or illnesses.

Second, their advice to eat a variety of foods within each group (and even going by colors) seems to be another way of just telling us to eat a bunch of different foods, but less of some types than others, in the hope that we'll stumble upon what we need. It's a "throw everything at the wall and see what sticks" approach, that shows a lack of precision and understanding.

There are many different nutritional factors, and some that may not be discovered or the amount that should be ingested.

I'm seriously considering ignoring that thing entirely.

I don't think that pyramids form a very good guide, it's better to focus on the essential nutrients. Because there are more nutrients needed than different types of food that can be eaten in a day, a few

## Re: Nutrients Required in a Day?

supplements can balance things out. (FWIW, linear programming techniques can solve the problem, but it would be difficult to construct the diet).

--  
Ron

.