

# THE IMPORTANCE OF MICRONUTRIENT SUFFICIENCY



Our ultimate goal, is micronutrient awareness.

Regardless of the diet you are currently on (paleo, gluten free etc.), we want to be sure you realize the importance of the micronutrients in the food and how the body absorbs them and uses them - micronutrient deficiency is a real concern.

Micronutrient sufficiency relies on food quality, which is why we're you to help us spread this information, and join the Rich Food Revolution!

Take a look at the problem with these common diets, and the number of calories required to become micronutrient sufficient:

NAME OF DIET	TYPE OF DIET	% RDI SUFFICIENT	# OF MICRONUTRIENTS THAT MET RDI	# OF CALORIES AVERAGE DAILY INTAKE
Atkins for Life	Low carbohydrate	44%	12	1,786
Best Life	Low fat	56%	15	1,793
DASH	Medical	52%	14	2,217
South Beach	Mediterranean	22%	6	1,197
Average		44%	11.75	1,748

NAME OF DIET	CALORIES REQUIRED TO REACH 100% RDI SUFFICIENCY FOR ALL 27 MICRONUTRIENTS
Atkins for Life	37,500
Best Life	20,500
DASH	33,500
South Beach	18,800
Average	27,575

To learn more, visit us and take our quiz at [CaltonQuiz.com](http://CaltonQuiz.com)