

## WELLNESS WEDNESDAY

### What's missing in your diet?

When the most recent version of the Dietary Guidelines for Americans (DGA) was released last year, four nutrients were identified as likely insufficient in the standard American diet: calcium, potassium, fiber, and vitamin D. Though weight loss can be achieved with a wide variety of nutritional perspectives, even plans with high-quality foods can fall dramatically short on these essential nutrients. This issue is common, since many popular diets reduce calories by cutting out, or significantly reducing, whole categories of food.

To help ensure we're getting these "nutrients of concern," let's take a look at what we need, and how to get them, in our meals!

### Nutrients and foods to focus on

**Calcium** – for bone health; muscle and blood vessel function

**How much:** women: 1,000 to 1,200 milligrams (mg) daily; men: 1,000 mg

**Where to find it?** Collard greens, broccoli, kale, beans, almonds, chia seeds, dairy, and fortified dairy alternatives

**Potassium** – for muscle, kidney, and heart function; nerve transmissions

**How much:** women: 2,600 mg; men: 3,400 mg

**Where to find it?** Avocados, potatoes, spinach, tomatoes, broccoli, brussels sprouts, beans, bananas, dairy, vegetable juice, coconut water

**Dietary fiber** – for digestive health, weight management, and disease prevention

**How much?** women 22 to 28 mg; men: 28 to 34 mg

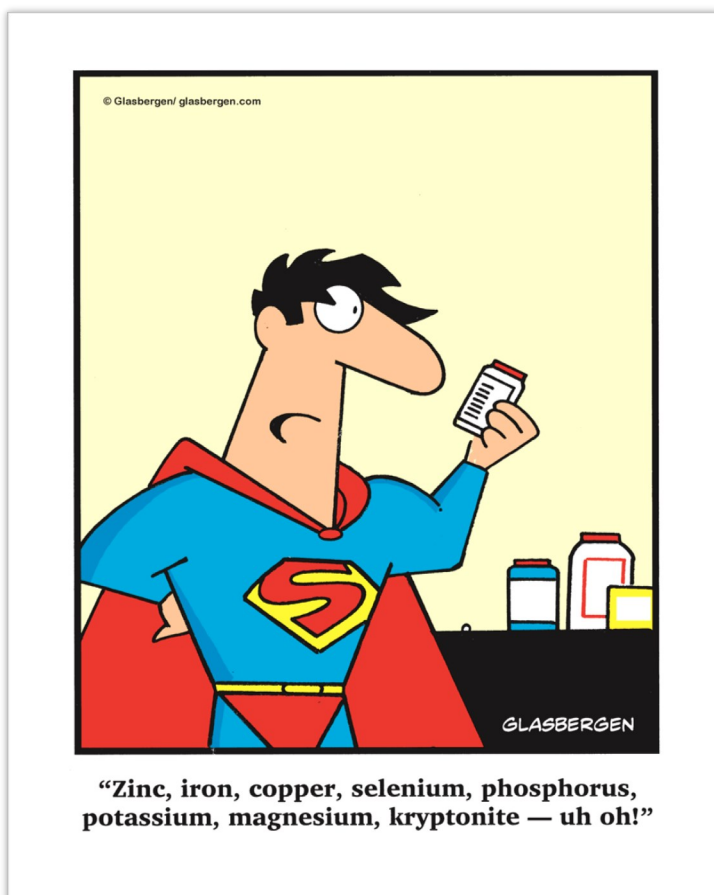
**Where to find it?** Whole plant foods—vegetables, fruits, legumes, and grains

**Vitamin D** – for bone health and immune support

**How much?** women and men: 600 international units (IU)

**Where to find it?** fatty fish and fortified dairy/dairy alternatives; most people will need to rely on either adequate sun exposure or supplementation to achieve the recommended amount

<https://www.health.harvard.edu/blog/4-essential-nutrients-are-you-getting-enough-2021031622124>



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### Connect with Employee Wellness!

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